

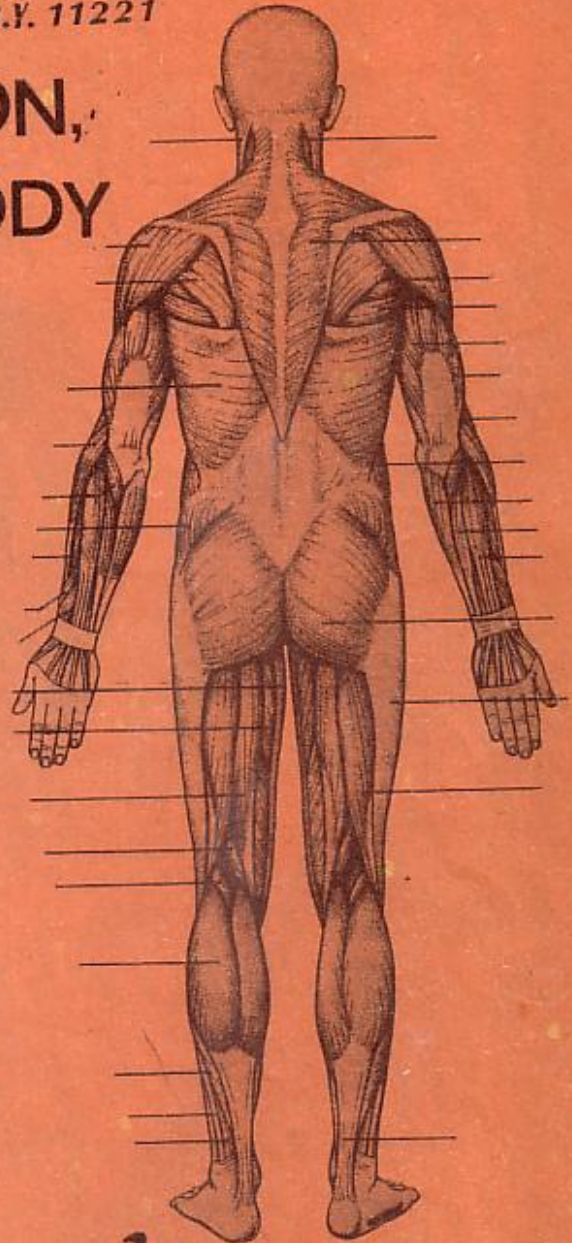
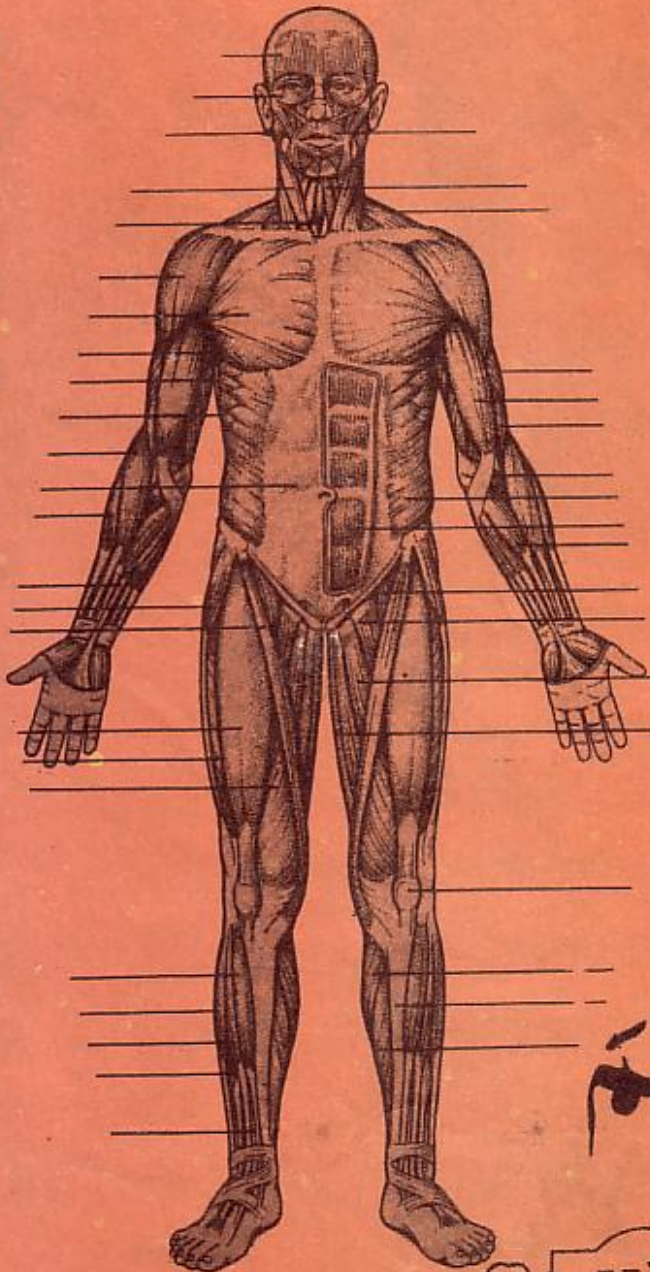


جَمْعِيَّةُ أَنْصَارِ اللَّهِ

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ALLAH'S CREATION, THE HUMAN BODY



اللَّهُ خَالِقُ الْجِسْمِ
الْبَشَرِيِّ

55TH
EDITION

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا أَنْصَارَ اللَّهِ

O YOU WHO BELIEVE, BE
HELPERS OF ALLAH

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HELPERS OF ALLAH

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا أَنْصَارَ اللَّهِ

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الامام الحسين (عليه السلام)
١٩٤٥

AL HUSSAYN AL IMAM TSA ABU'ALLAH MUHAMMAD AL MAHDI
THIRD KHALIFAH (SUCCESSOR) TO AL IMAM MUHAMMAD
ARNAE AL MAHDI (AS)

ALLAH'S CREATION,

The Human Body



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INTRODUCTION

HOLY QUR'AN 23:12-14

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سُلَالَةٍ مِنْ طِينٍ ۝ ثُمَّ جَعَلْنَاهُ نَفْلَةً فِي قَرَارٍ مَكِينٍ ۝
ثُمَّ خَلَقْنَا النُّفُوسَ بَدَلَةً خَلَقْنَاهَا نَفْسًا مُمَيَّنَةً ثُمَّ خَلَقْنَا الشُّجْعَةَ
عِظَامًا فَكَسَبْنَا الْعِظَامَ لَحْمًا ثُمَّ أَنشَأْنَاهُ خَلْقًا آخَرَ فَتَبَرَّكَ اللَّهُ أَحْسَنَ الْخَالِقِينَ ۝

"AND CERTAINLY WE CREATED MAN OF AN EXTRACT OF CLAY, THEN WE MAKE HIM A SMALL LIFE-GERM IN A FIRM RESTING PLACE, THEN WE MAKE THE LIFE-GERM A CLOT, THEN WE MAKE THE CLOT A LUMP OF FLESH, THEN WE MAKE THE LUMP OF FLESH BONES, THEN WE CLOTHE THE BONES WITH FLESH, THEN WE CAUSE IT TO GROW INTO ANOTHER CREATION, SO BLESSED BE ALLAH, THE BEST OF CREATORS!"

GENESIS 2:7

وَجَعَلَ الرَّبُّ إِلَٰهَ آدَمَ تَرَابًا مِنَ الْأَرْضِ . وَنَفَخَ فِي أَنْفِهِ نَفْسًا حَيَوَاتِيَّةً فَصَارَ آدَمُ خَلْقًا حَيًّا .

"AND FORMED THE LORD THE CREATOR, ADAM, OF THE EARTH AND HE BLEW WITH THE MOUTH IN HIS NOSE THE BREATH OF LIFE. SO HE FASHIONED ADAM A LIVING SOUL."

ALLAH SUBHANA WA TA'ALA shaped and molded Adam (PBUH) the first man of the black goodness of the earth. Corinthians 15:47 states that: "THE FIRST MAN IS OF THE EARTH, EARTHY." The first man was made from ALL the elements that formed the earth. Therefore, the earth contains every element that makes up a perfect human organism, but ALLAH is the only one that can proportion these elements to form the "Likeness" of Himself.

It was on the "sixth day" that Khalifat Adam (PBUH) was created, and it was on this day that the element; Carbon, came into existence. This is why it is the sixth element of the Periodical Table of Elements. Therefore, man was without a doubt, a man whose skin was of Blackness, not a pale flashy man, but a Black Man. (Refer to SCIENCE OF CREATION, Edition Number 65)

Into this Black substance he breathed "The Breath of Life"-A(Life) and Llah(Nothing) ALLAH. It was/is this "Breath", the True Light of ALLAH, that caused this blackness to live.

The "Breath of Life" made Adam (Life Blood) a "Living Soul" who was complete and perfect.

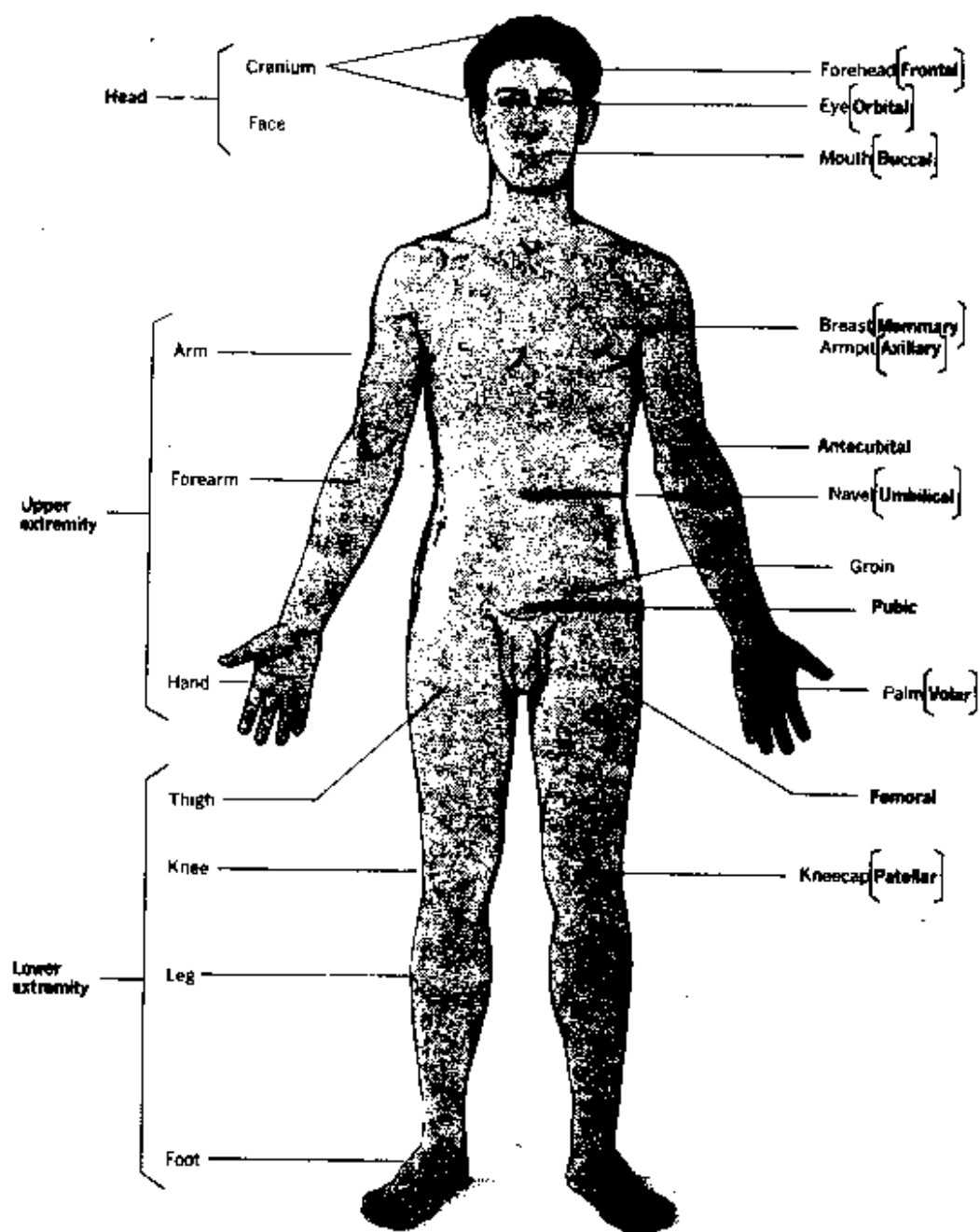
Contrary to the theories of the Western world, no one, or thing has the power to Create such a perfect piece of work save ALLAH SUBHANA WA TA'ALA. He alone is the one who makes from the most minute cell, to the most complex organ work together harmoniously as it does in the Human Body.

Due to the lack of knowledge the layman has of his body and the dependency it has on that "Breath of Life" from its Creator, ALLAH SUBHANA WA TA'ALA, we have composed this edition ALLAH'S CREATION, THE HUMAN BODY.

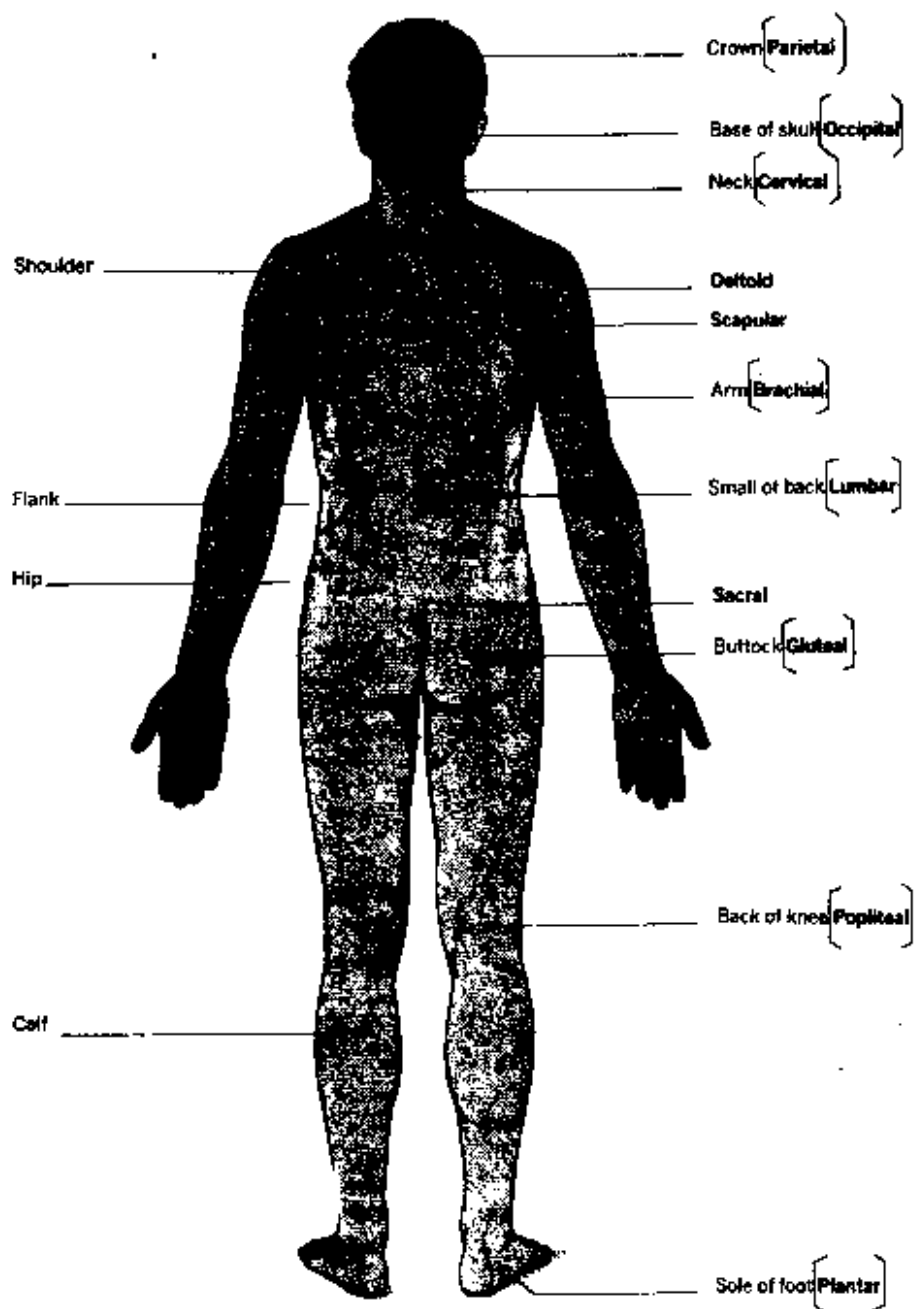
HOLY QUR'AN 2:28

كَيْفَ تَكْفُرُونَ بِاللَّهِ وَكُنْتُمْ أََمْواتًا فَأَحْيَاكُمْ ثُمَّ مِنْكُمْ كَافِرُونَ ثُمَّ إِنَّكُمْ لَكَا فِرَاقًا ۝

"HOW CAN YOU DENY ALLAH AND YOU WERE WITHOUT LIFE AND HE GAVE YOU LIFE? AGAIN HE WILL CAUSE YOU TO DIE AND AGAIN BRING YOU TO LIFE, THEN YOU SHALL BE BROUGHT BACK TO HIM."



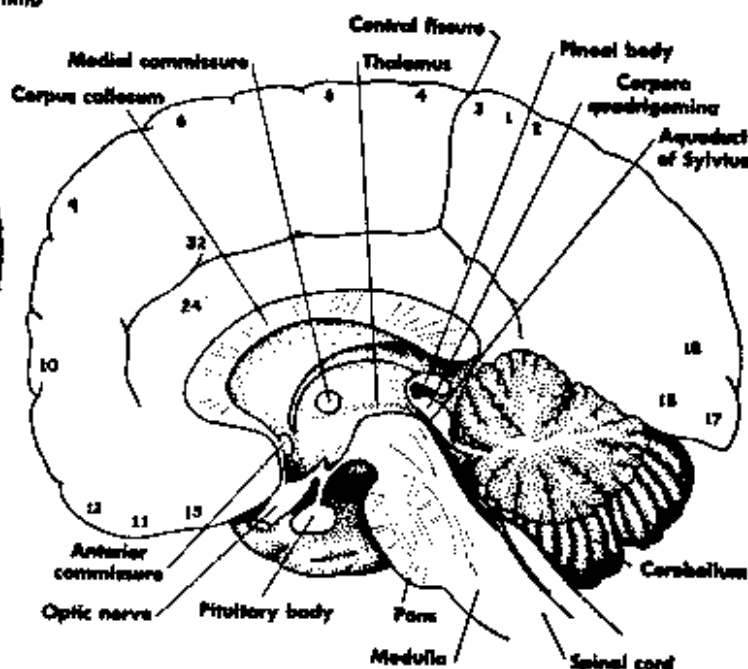
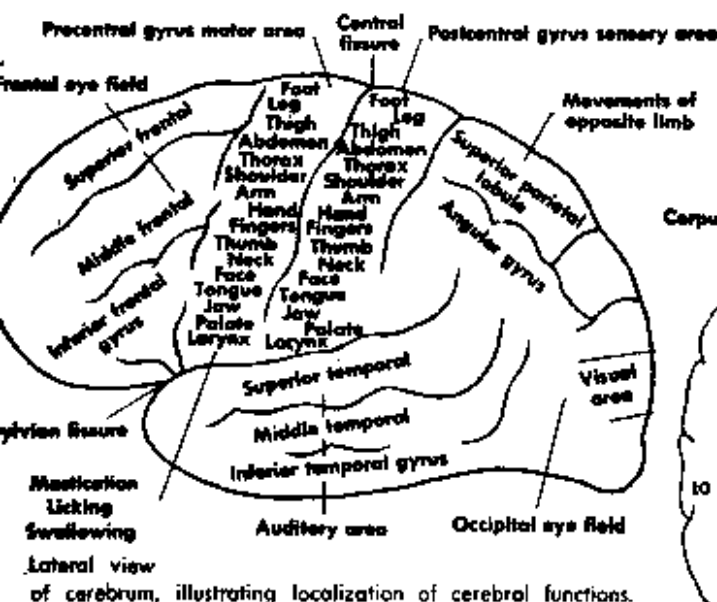
THE HUMAN BODY
ANTERIOR (FRONT) VIEW



THE HUMAN BODY
POSTERIOR (BACK) VIEW

THE FIVE SENSES

The idea that five physical senses are present in the human being continues to prevail inspite of recent evidence that there may be others. There are actually seven human senses, five that are physical and two are mental. The five physical senses are; See, Hear, Taste, Smell and Feel. The two mental senses are based on what is now called Extra Sensory Perception (ESP). The sense organs do not see, smell, taste, hear or touch, rather, they contain receptor cells which respond to messages from the brain as they experience external stimuli. Receptor cells are sensitive to specific classes of stimuli within a certain range of intensity. To explain stimuli(plural for stimulus) --it is external interference or action upon receptor cells. Light, for example, is a stimulus for vision. Our ability to see depends upon a certain amount of light penetrating the lens and cornea of the eye so that it focuses on the delicate retina. On this part of the eye, are nerve cells which relay impulses to the cerebral cortex of the brain. Thus an image is visualized.



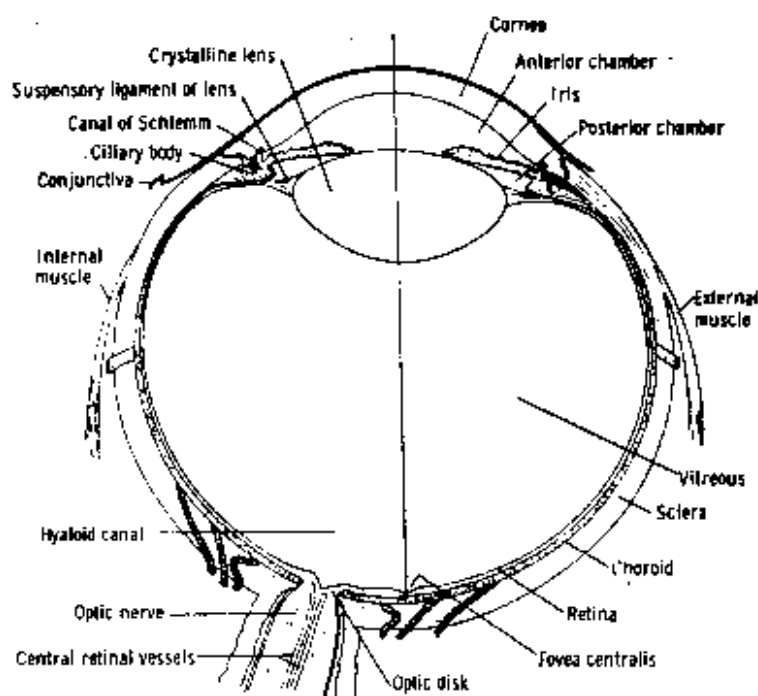
SEE

The eye is moved by six voluntary muscles and is kept firm by transparent fluids within it. The eyeball consists of three layers of tissue. The outer layer is what is known as the white of the eye, the black, middle coat contains the blood supply and the innermost layer is composed mostly of nervous tissue. At the front of the eye, these coats change; the outer coat becomes the transparent cornea, a round opening in the middle coat is the pupil, and behind it is the lens. The muscular iris surrounding the pupil changes the size of the opening and gives the eye its color. The lens brings together the light from the objects one looks at and forms an image.

RETINA

The ciliary muscle enables the lens to alter its shape to focus on near or distant objects.

The back portions of the retina is continuous with the optic nerve. This area is made up of three layers of neurons (nerve cells): (1) ganglion cells, (2) bipolar cells and (3) rods and cones cells, these comprise the receptors for the sense of sight. These cells number seven million of the cone type and one hundred million of the rod type in each human retina. The cones are used for daylight vision, when we see detail and color of objects. The rods are responsible for twilight vision by means of a pigment called Visual Purple which requires Vitamin A for its proper chemical functioning.



Cone and rod cells of human retina; the receptors for vision.

Upon being stimulated by light, complex, electro-chemical changes occur, and nerve impulses are sent by way of the Optic nerve to the Occipital lobe of the cerebral cortex.

HEAR

There are two sets of receptors in the ear: one set is concerned with hearing and the other with position sense. The acoustic nerve serves as the pathway to the temporal lobe of the cerebral cortex. Each ear consists of three distinct divisions: the external, middle and inner.

The middle ear transmits sound waves from the external to the inner ear. These sound waves, set up by the tympanic membrane that lies at the end of the outer ear. The middle ear is a tiny, irregular cavity in the temporal bone, a chain of three tiny, movable bones extends across the cavity of the middle ear. The function of these bones is to transmit sound waves from the tympanic membrane (ear drum) to the inner ear.

The inner ear is a complex network of small, fluid-filled canals. The inner ear contains the receptors for hearing and position sense, a part of this organ, the cochlea, detects sound. Vibrations set up in the fluid are transferred to an interior basilar membrane and then to groups of microscopic hairs which respond to particular frequencies. These, in turn, convey the impulses to the eighth cranial or acoustic nerve.

Other portions of the inner ear are concerned with balance and positioning. Three

semi-circular canals, set at right angles to each other, start which convey a sense of motion. These signals are triggered by the rocking of the fluid in the canals.

The ears are extremely sensitive to the smallest differences in the intensity of a sound and the time of its arrival to each ear. This fine discrimination makes it possible not only to detect the source of a sound with definite accuracy, but also to attend to certain sounds while ignoring those of less importance.

The sense of hearing is the last to disappear when a person falls into states of unconsciousness; sleep, anaesthesia and death. It is also the first of the senses to return, upon awakening or coming out of a state of anaesthesia.

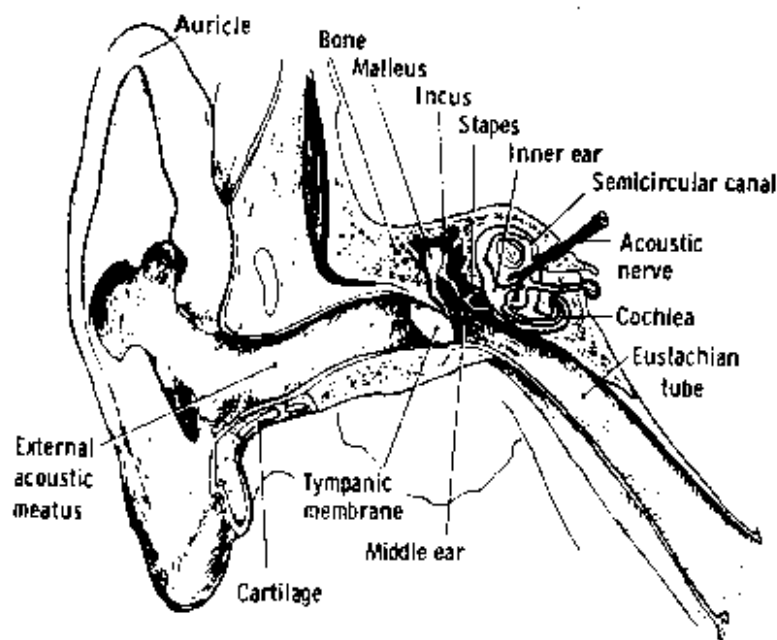


Diagram of the ear, showing the external, middle and internal subdivisions.

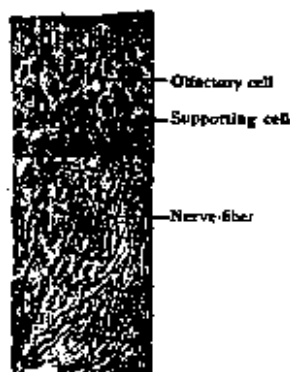
SMELL

The receptors for the sense of smell (Olfactory sense) are located in the nasal cavity, in the lining of the mucous membrane. These cells are supported by other cells and glands which secrete fluid that absorb and dissolve gaseous particles of volatile, odorous substances. Each receptor cell ends in a fine, nerve fiber which with many others, enter through a small channel in the bony roof of the nasal cavity. The sense of smell becomes rapidly adapted to odors as receptors are fatigued easily by persistent odors. New odors, however, are detected at once. The sense of smell becomes most acute in a state of hunger and during the female's menstrual period the sense itself is reported to be 10,000 times more sensitive than taste. Odor stimuli can be detected at extremely low concentrations. Temperature and humidity also affect the diffusion of an odor from its source. The sense of smell plays a large part in the distinguishing of flavors of food, and initiates the flow of certain digestive juices at mealtime.

TASTE

The taste buds are the receptors for the sense of taste. They are clusters of cells contained in goblet-shaped structures called Papillae which are located on the tongue and soft palate. At the top of each bud is an opening called a taste pore, through this opening, solutions enter, in order to stimulate the receptors. Substances must be in solution in order to be tasted, thus one of the functions of saliva is to dissolve substances so that they can enter the taste pores and stimulate the receptors.

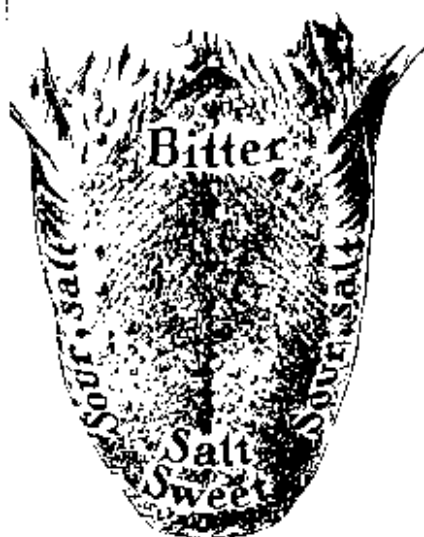
The receptors on the tip of the tongue are sensitive to salt and sweet, on the sides, they are sensitive to sour and salt and at the back of the tongue and roof of the mouth are the taste sensitivity to bitterness. The front two-thirds of the tongue is supplied by one nerve, the lingual nerve. The back of the tongue by another, and the throat and larynx by certain branches of the vagus nerves. All of these nerves subserve touch, temperature, and pain sensitivity in the tongue, as well as taste. From the medulla of the brain, the gustatory (taste) fibers ascend by a pathway to a small cluster of cells in the Thalamus and from there to the taste-receiving area in the back of the cerebral cortex.



Section of olfactory epithelium. Two olfactory cells are shown, with the axon of one extending toward the brain.



Taste buds.



Regions of the tongue which are most sensitive to the various tastes.

FEEL

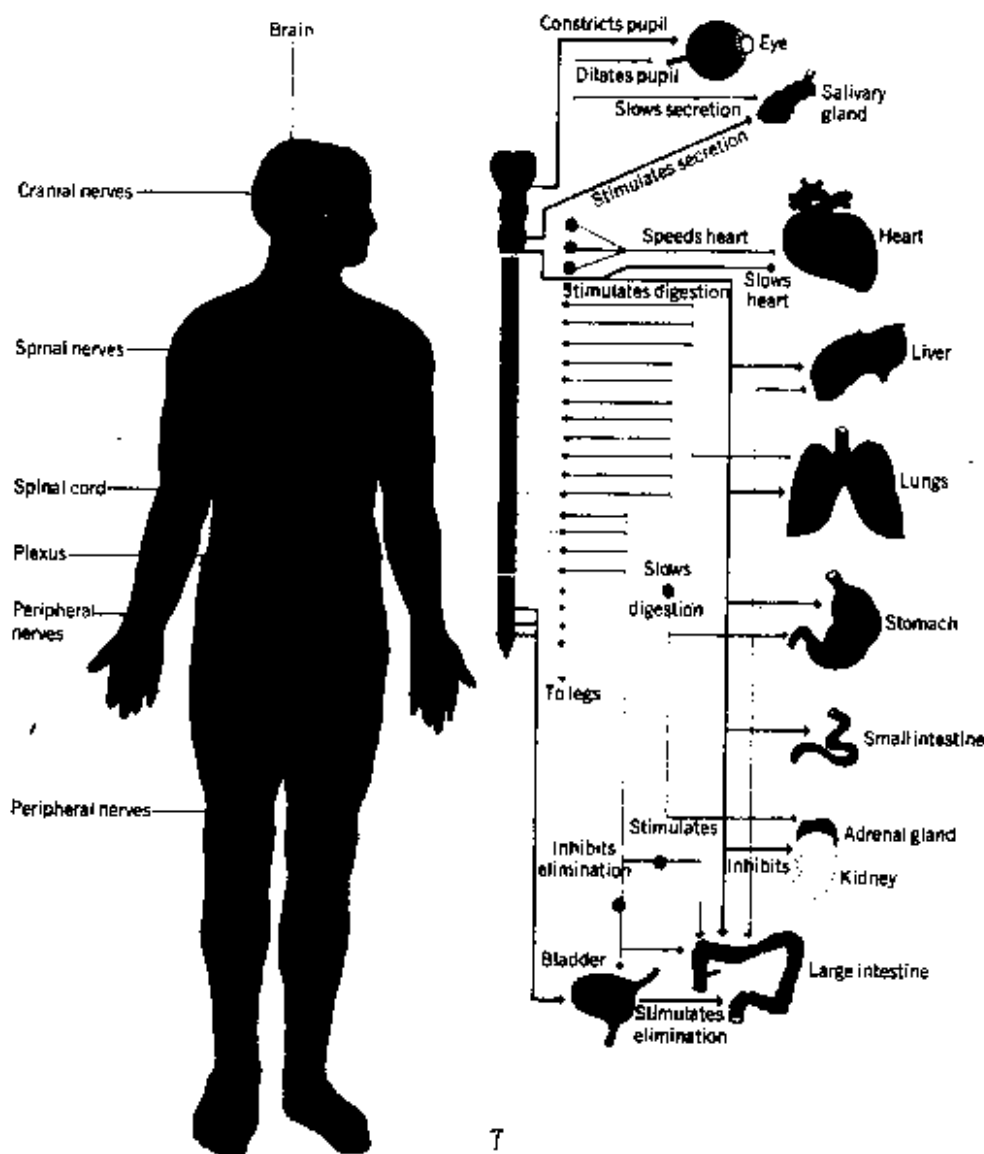
The skin as a major sensory organ has its own subdivisions of sense receptors which respond to various stimuli; heat, cold, pressure and pain. It has been observed that there are two senses of pressure, one for light and one for deep stimulation. Two, for two kinds of temperature sensitivity, warmth and cold, and one for pain. These together, are sometimes referred to as the Cutaneous senses. Not all parts of the body are equally sensitive. An area that has few receptors can be almost insensitive while areas of high sensitivity have many receptors. In studies, it has been found that the number of spots for pain sensitivity were the most, next in line was touch, then cold. The least amount of areas were found for sensitivity to warmth.

Receptors for touch are found around the hair follicles, in the form of three nerve endings and in the Papillary layer of the skin. Those for pressure are found in the tissues beneath the skin, the mucous and serous membranes and near tendons and joints. Impulses from these receptors travel to the brain and spinal cord. Nerve

nerves distributed along the spinal cord contains a sensory bundle that services a well defined strip of skin, about an inch or more wide. This sensory bundle is called a Dermatome. As spinal nerves overlap, each place on the skin will represent two and sometimes three dermatomes. This makes a segmented pattern all over the body, from the head to the toes. All dermatomes channel into a single relay center deep within the brain, the Thalamus, from here, impulses are transferred to the parietal lobe of the cerebral cortex.

The receptors for cold also lie near the surface of the skin, those for heat lie deep in the skin.

The receptors for pain are free nerve endings scattered throughout the body, an estimated seven million. These receptors respond to more than one type of stimuli. An intense stimulus of any kind, a hot object, for example, can affect them. Pain is important in protecting us, the harmful nature of the stimulus is noted and sometimes the body is warned to make a cautionary reflex or some type of defense reaction. This type of pain, experienced superficially or deep in the skin and muscles, tendons and joints, is called Somatic pain. Yet another type of pain that affects us is called Visceral pain. This type of pain is experienced by the internal organs of the body. When impulses concerning pain arrive in the brain, a reflex occurs which may be the feelings of pain, the tightening of muscles or the secretion of mucus in the affected organ. In this case, pain is localized accurately. There are cases on the other hand, where the sensations of pain are referred to a related area on the skin. This happens when impulses for visceral pain must use the same pathway as those for cutaneous pain.



SKIN:

Excretion is one of the several functions of the skin. It also serves as a covering for the underlying structures, protecting them from injury and germ invasion. The skin also helps regulate the body temperature by controlling the amount of heat loss from the body. Evaporation of water, in the form of perspiration, from the skin helps rid the body of excess heat.

The "sensory nerve endings" of the skin detects heat, cold, pain, touch and pressure. It also absorbs certain drugs and other chemical substances, which can be harmful if insecticides, gas, and lead salts enter the body through the skin.

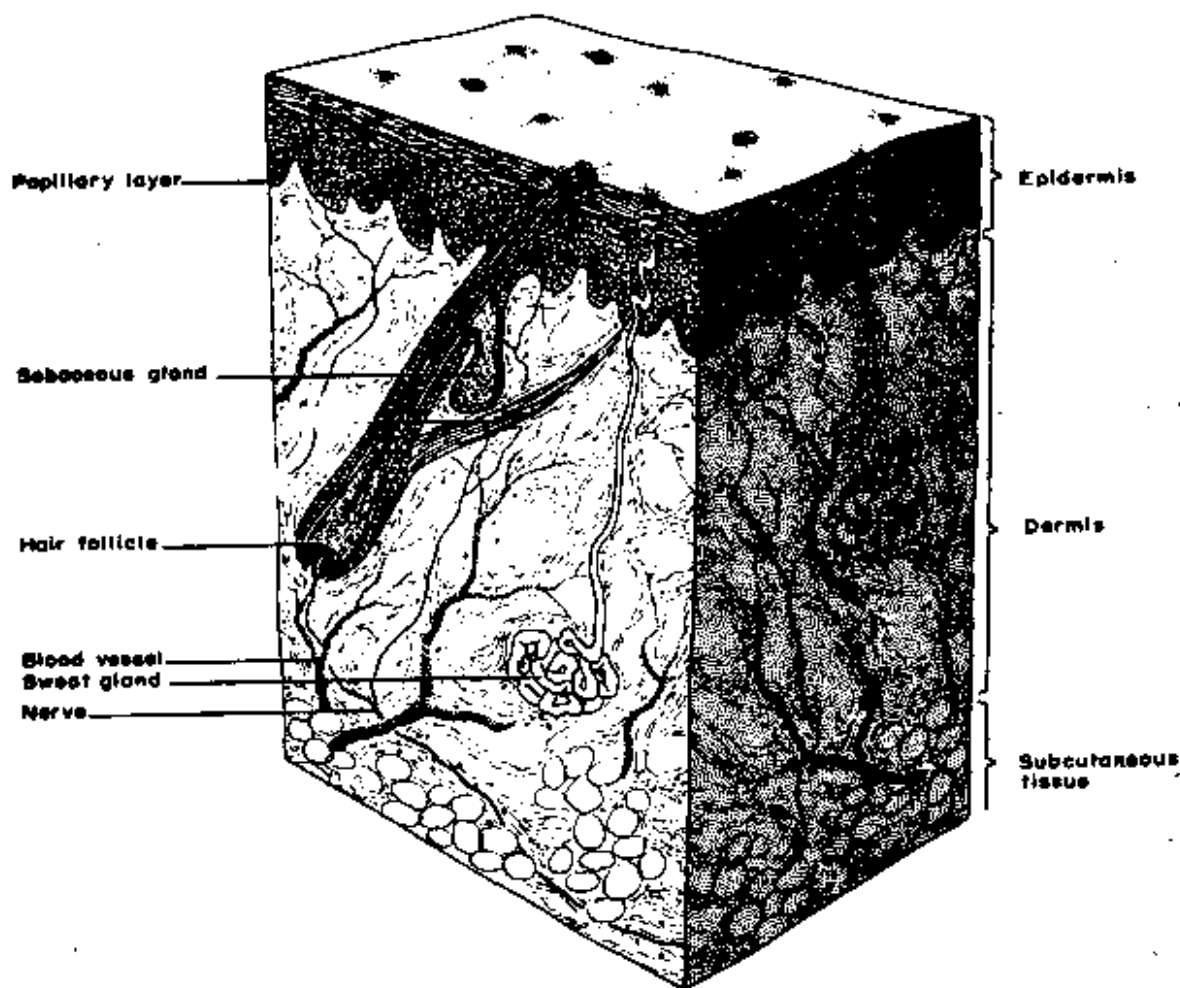
Perspiration (sweat) is 99 percent water with only small quantities of salt and organic materials which are waste products. It is excreted by the sweat, or sudoriferous, glands which are found over the entire skin surface, although in larger numbers under the arms, on the palms of the hands, soles of the feet, and on the forehead.

The sweat glands are tubular glands with a coiled base and a tubelike duct which ends in a pore in the skin.

Under the control of the nervous system, these glands may be activated by several factors, heat, pain, fever, and nervousness.

The skin excretes approximately one pint a day of water. Yet, this amount varies according to the type of exercise and the environmental temperature. If excessive amounts of sweating occurs a great deal of sodium chloride (salt) may be lost.

The skin is protected by a thick oily substance known as Sebum which is secreted by the sebaceous glands. Sebum lubricates the skin, keeping it soft and pliable.



THREE DIMENSIONAL VIEW OF THE SKIN

THE DIGESTIVE SYSTEM

Digestion is the process by which foodstuffs are broken down into their constituent elements. The Digestive System includes those parts of the body where digestion takes place: the digestive tract and the organs that supply it with digestive fluid. In essence, the digestive tract is nothing more than a long tube that extends from the mouth to the Anus. It also includes the Esophagus, Stomach, Small Intestine, and Colon (or Large Intestine). Organs and Glands which aid in digestion include the Liver, Gall Bladder, Pancreas, and Salivary Glands.

It is important to note that foods we eat must first be broken down into much simpler substances that can pass through membranes into the blood and be absorbed by the cells. Meat, eggs, and Fish (which is high in proteins) must be broken down into Amino Acids; Potatoes, rice, and bread (which are carbohydrates) must be broken down into sugars; butter, margarine, and olive oil (which contain oils and fats) must be broken down into fatty acids and Glycerol, a simple sugar. These substances Amino Acids, sugars and fatty acids are referred to as the end products of digestion.

The Digestive System:

MOUTH:

The process of digestion begins in the mouth, where the teeth chew and break down the food so that it can be swallowed. The tongue positions the food between the teeth so that it can be swallowed. It then mixes the food and saliva together in order to convert the food into a soft, wet mass called a Bolus. The tongue initiates the swallowing reflex by which the Bolus leaves the mouth.

SALIVA:

Saliva is about 98 percent water. The remaining two percent includes an enzyme called Salivary Amylase, which starts the digestion of carbohydrates into their proper sugars.

Digestive enzymes are needed in order for the body to break down foodstuffs into the amino acids, sugars fatty acids, and glycerol required by the cells of the body.

ESOPHAGUS:

The Bolus (food) is swallowed into the Esophagus, a tube connecting the throat to the stomach. It is pushed through the Esophagus by Peristaltic Motion, which is by the continuous contraction of the muscles behind the Bolus.

STOMACH:

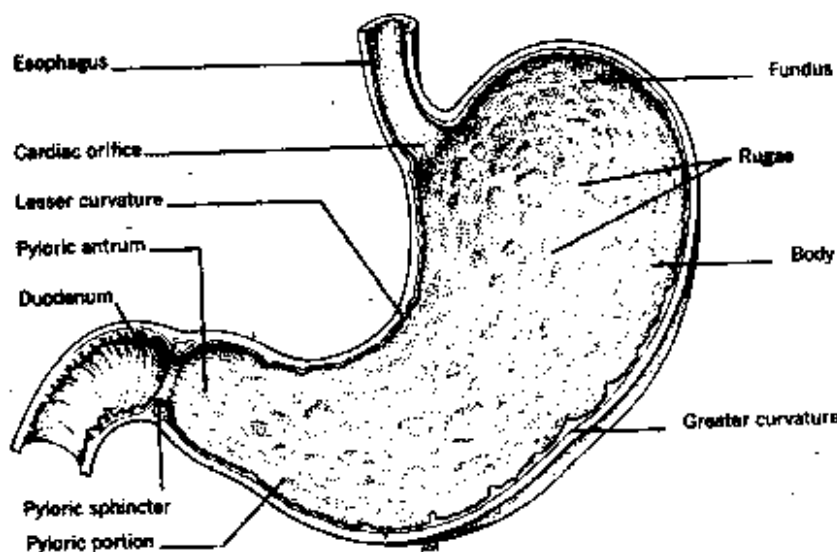
The Stomach is a thick walled enlargement of the digestive tract. It forms a J-shaped bag that extends diagonally from the left side of the body to the right side. The stomach serves as a storage place for food; it can hold up to four quarts of liquid when fully distended. The digestive system breaks down and absorbs the food at a slower pace, as the body needs it.

DIGESTION IN THE STOMACH:

Only a limited amount of digestion occurs in the stomach. Most of the digestion takes place in the small intestine. Proteins are the only foodstuffs broken down in the stomach, and even they are only partially digested.

The continual churning and mixing contractions of the stomach, plus the gastric juice and any liquids drunk during a meal, finally work the foods into a thick, smooth paste called Chyme. The Chemical composition of various foods determines the length of time needed to convert them into digestible compounds. Liquids pass out of the stomach almost immediately. Foods that are rich in carbohydrates are converted into Chyme in about three hours. Proteins are broken down more slowly, and fats and oils are broken down only after five hours or so.

The Chyme leaves the Pyloric Sphincter, a circular muscle located at the end of the stomach where it joins the small intestine. The pyloric sphincter is normally contracted, and this prevents the foods in the stomach from leaving until they have been reduced to the proper state. At this point the sphincter relaxes and allows small amounts of chyme to squirt into the small intestine by the peristaltic contractions of the stomach. The pyloric sphincter then closes again.

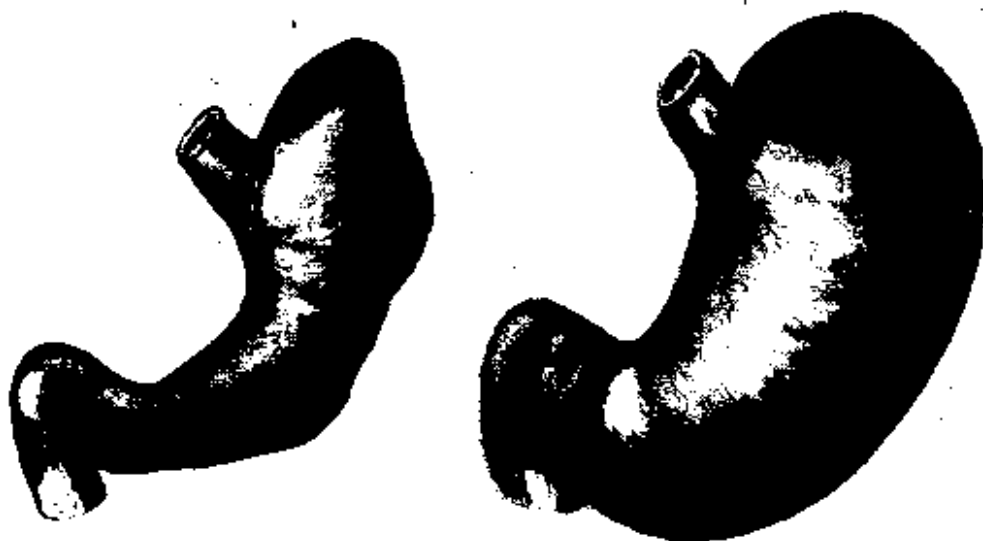


INTERIOR OF STOMACH SHOWING
RUGAE (MUCOUS MEMBRANE LINING)

SMALL INTESTINE:

The Small Intestine is where most digestion takes place and the end products of digestion: amino acids, sugars, fatty acids, minerals, and vitamins are finally absorbed into the body. The small intestine is a tube about one inch thick. It is 23 feet in length, and twisted about on itself, it fills most of the abdominal cavity.

The entire inner surface of the intestine consists of about five million extremely small projections called Villi that give the lining the appearance of the fine velvet. The final products of digestion are absorbed into the body through the Villi. The wall of each Villus consists of a single layer of cells, the cells have an average lifetime of



THE STOMACH BEFORE AND AFTER A MEAL

one to three days before they are sloughed off and replaced by others. In order to absorb nutrients, each villus contains blood capillaries and a small tube called a Lacteal that is part of the Lymphatic system. To ensure that the Villi come into contact with as much of the chyme as possible, each Villus contains a fine muscle fiber which contracts and relaxes spontaneously. These contractions cause the villi to sway from side to side, to elongate and contract.

INTESTINAL JUICE:

PANCREAS:

The Pancreas is a tear-drop shaped gland, about six inches long, which is nestled behind the Duodenum and the stomach. The Pancreatic juice flows into the Duodenum through a tube, the Pancreatic Duct.

The Pancreas has two functions: to secrete the hormones Insulin and Glucagon into the bloodstream and facilitate digestion by secreting about four pints of Pancreatic Juice daily. The pancreatic juice contains a large amount of bicarbonates, which counteract the strong acid content of the Chyme leaving the stomach. The pancreatic juice also contains digestive enzymes, which are important in the digestion of all foodstuffs including Proteins, Carbohydrates, and fats.

THE LIVER:

The Liver, the largest gland in the body, lies across the width of the abdomen at the lower margin of the ribs on your right side. The liver has many functions which are important in the body, including the production of Bile, a liquid necessary for the complete digestion of fats.

Bile is about 98 percent water. Among the solid substances dissolved in the water are bile pigments, which give the bile a golden brown color and which are responsible for the brown color of feces. Dissolved also in the bile are Bile Salts, which emulsify the fats in the small intestine- which is a necessary step before the fats can be broken down into fatty acids and glycerol.

About a pint to two quarts of bile is secreted daily by the liver.

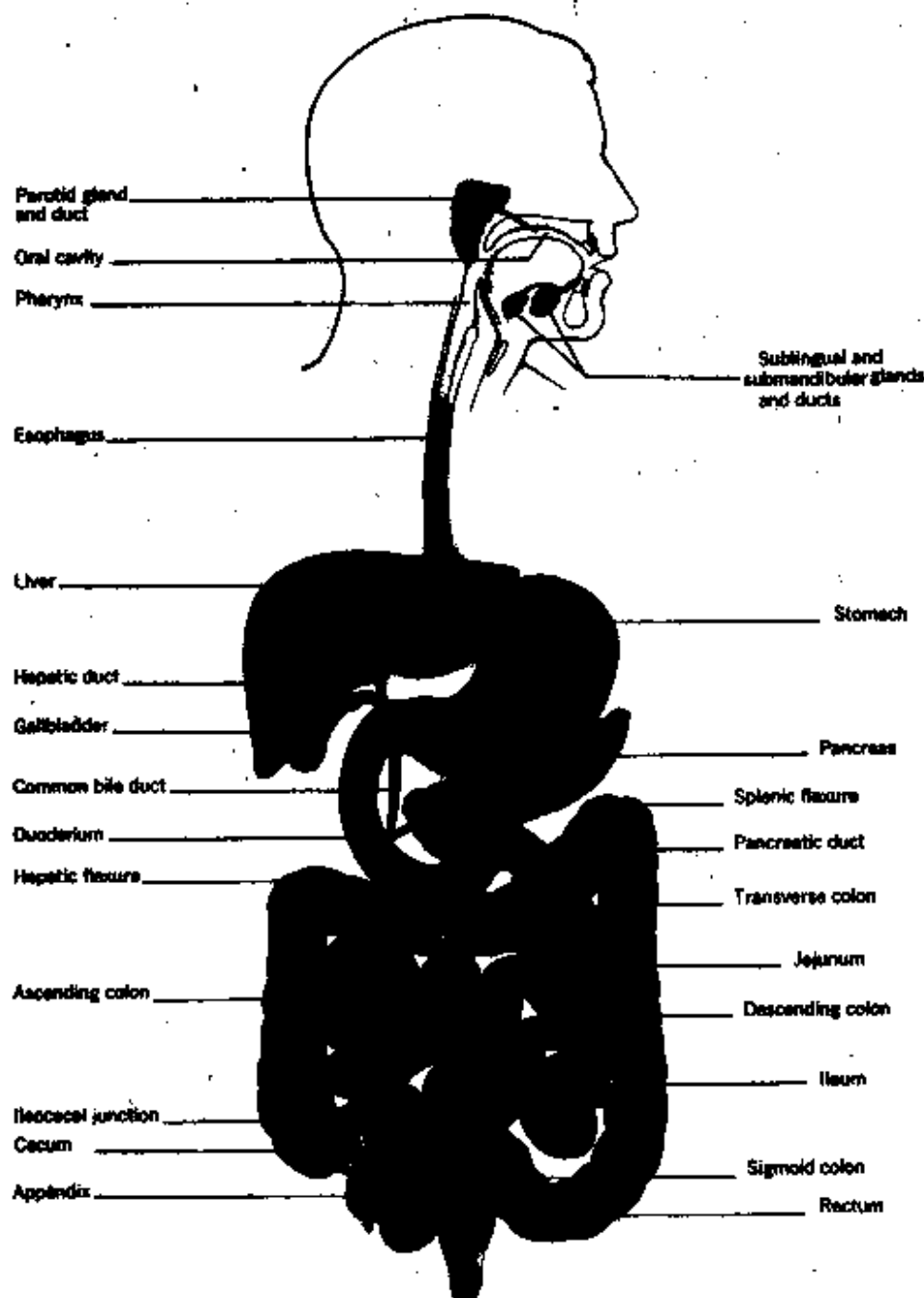


Diagram of the Digestive System (digestive tube, or alimentary canal, and accessory organs.)

Between meals the bile duct is closed off from the Duodenum by a circular muscle called the Sphincter of Oddi. The Bile collects in the Gall Bladder which is a storage organ nestled under the liver and connected to the bile duct through a short extension tube. During digestion, the Sphincter of Oddi opens and stored bile is released from the gall bladder into the Duodenum.

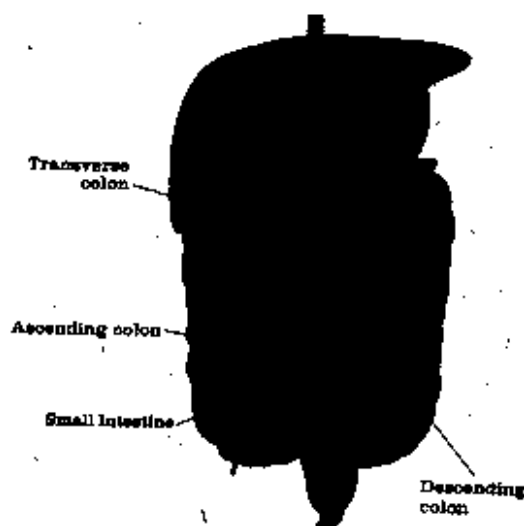
The Colon (or large intestine) is a tube about two inches in diameter and about five feet long which makes up the final portion of the Digestive tract. It forms a large inverted U within the abdominal cavity and surrounds much of the small intestine.

The main function of the Colon is to absorb excess water and salts from the Chyme and return these substances to the body for further use. The remaining solid wastes are discharged from the body as Feces. Strong peristaltic waves called Peristaltic Rushes occur about three times a day. These rushes, which appear to be stimulated by eating, force the contents of the Colon toward the Rectum, the final portion of the Colon.

Feces: consists of indigestible inorganic matter (mainly calcium and phosphate compounds), plant fibers (chiefly cellulose), bacteria, and water. Water makes up most of the total weight of the feces, the remaining weight is primarily due to cellulose* and bacteria growing in the colon. The colon is filled with an enormous number of bacteria which thrive on the chyme discharged into it. Most of the bacteria merely break down the chyme into the final form in which it is discharged from the body. These bacteria also form the gases hydrogen, hydrogen sulfide, and methane which give feces its characteristic odor.

DEFECATION:

It takes from three days to a week for the chyme to be reduced to feces and finally discharged from the body through the anus, the opening at the end of the rectum. There are two Sphincter muscles located at the anus. The outer Sphincter is under our conscious control. The inner Sphincter functions automatically. As feces enters the rectum, the walls of the rectum stretch, which gives us the sensation of having a full bowel. In babies, this sensation leads to automatic defecation in which the final third section of the colon contracts, the abdominal muscles contract, and the Sphincter muscles at the anus relax, automatically discharging the feces from the body.



*The Large Intestine
and
The Small Intestine*

INDIGESTION:

Indigestion is a stomach complaint having a wide variety of symptoms; a feeling of discomfort or queasiness in the stomach after a meal, an "acid" stomach, excessive gas in the stomach that distends the stomach lining, and "heartburn", which is caused by the acidic chyme backing up into the esophagus.

CONSTIPATION:

*cellulose: a carbohydrate, the chief substance composing the cell walls of plants.

CONSTIPATION

Constipation is any unusual delay in the expulsion of feces from the colon. When a bowel movement does occur, the feces passes with difficulty and is very hard and dry.

PEPTIC ULCER:

Peptic ulcer and Gastric ulcer result from long-term irritations of the lining by the acid content of the stomach or duodenum. These irritations after a period of time result in sores in the lining.

HEMORRHOIDS:

Hemorrhoids, or Piles are swollen veins just within or just outside the anus. They are caused by a restriction in the veins leading from the anus. This restriction results in a buildup of blood pressure in the smaller veins, which causes them to swell.

TEETH

Teeth are the first instruments used in the process of digestion. Three kinds of teeth enable us to tear, chew, and grind our food; Incisors at the front of the mouth, pointed Canines, and flat Molars.

SUMMARY OF DIGESTIVE ACTIVITIES			
GLANDS	SECRECTIONS	ACTS ON	PRODUCTS
SALIVARY	Salivary amylase (ptyalin)	Starch and glycogen	Dextrin
GASTRIC		Dextrin	Maltose
	Hydrochloric acid	Activates pepsinogen	Pepsin
	Gastric protease (pepsin)	Protein	Protein fragments
	Gastric lipase	Emulsified fats	Fatty acids and glycerol
PANCREAS	Pancreatic amylase	Starch, glycogen, dextrin	Maltose
	Pancreatic lipase	Emulsified fats	Fatty acids and glycerol
	Pancreatic proteases	Protein	Protein fragments & amino acids.
	Insulin	Carbohydrates	Glucose, Sucrose Maltose
INTESTINAL	Enterokinase	Activates Trypsinogen	Trypsin
	Proteases	Protein Fragments, maltose	Amino Acids
	Maltase, Sucrase	Sucrose, Lactose	Glucose
	Lactase		Glucose & Fructose
LIVER	Bile salts (no enzymes)	Large fat globules	Emulsified fats

CIRCULATORY SYSTEM

The circulatory system may be considered the transportation network within the body, for it is this system that transports the necessary food and oxygen to the cells and carries away the cells waste products. Materials entering and leaving the cells are carried in the blood through a closed system of blood vessels, the Arteries, Veins, and Capillaries. Blood is continually pumped through the body by a muscular organ, the Heart. The circulatory system is a closed system which means that the blood ordinarily does not leave the system, rather it is pumped through the body in a continuous circuit.

The circulatory system is divided into two subsystems or pathways that are independent of each other. One subsystem-the Pulmonary Circulation is the pathway of blood flow between the heart and the lungs. The other system- the Systemic Circulation is the pathway of blood flow between the heart and all parts of the body.

THE HEART:

The heart which is located in the chest between the lungs and a little to the left of the center of the body, hangs suspended from a group of large blood vessels within the Thoracic cavity. In an adult, the heart is about the size of a closed fist, and weighs about 11oz. (ounces).

The heart consists of a Cardiac Muscle. A thin layer of cells called the Endocardium lines all the internal surfaces of the heart, including the heart valves. The outside of the heart is covered by a double membrane called the Pericardium. A thin layer of fluid between the double membrane acts as a lubricant that enables the heart to move freely without friction.

HOW THE HEART BEATS:

Heart tissue has the innate ability to contract rhythmically and spontaneously without the necessity of any outside nerve stimulation at all. If the beating heart of a small animal is removed and placed in a nutrient solution that is chemically similar to the animal's body fluid, the disembodied heart will continue to contract rhythmically. In fact, if only a piece of tissue it will continue to contract. This contractive impulse is initiated by ALLAH SUBHANA WA TA'ALA even though scientists attribute it to muscle fibers called Purkinje fibers, that have many of the characteristics of nerve fibers.

Contractions begin in the part of the heart muscle called the Sinusatrial Node (S-A Node) or Pacemaker. The pacemaker is located on the upper right side of the heart. The contractive impulse travels rapidly to a central part of the heart, the Atrioventricular Node (A-V Node). The impulse then radiates rapidly from the A-V Node throughout the remainder of the heart muscle, and all of the heart muscle contracts in synchrony.

The rate of heartbeat is controlled by nerve impulses transmitted from the autonomic nervous system. The heartbeat averages 100 beats per minute in a 3 year-old, about 90 beats per minute in a 12 year-old, and about 70 beats per minute in a young adult. The heartbeat increases again to about 80 beats per minute as one grows older.

The rate of heartbeat can be affected by temperature; extreme cold makes the heart beat more slowly; heat makes the heart beat more quick-

ly. Chemicals can also influence the heartbeat. An excess of carbon dioxide in the blood, for example, increases the rate of heartbeat.

FLOW OF BLOOD THROUGH THE HEART:

The heart consists of two pumps which are separate and independent of each other but which function simultaneously within the same structure. Each pump consists of two chambers- an upper chamber called the Atrium and a lower chamber called the Ventricle. Blood from the body flows into the Right Atrium. The blood received by the right Atrium is low in oxygen (deoxygenated blood). The deoxygenated blood then passes into the Right Ventricle, from which it is pumped, under pressure, through the lungs. In the lungs, excess carbon dioxide in the blood is removed and a fresh supply of oxygen is picked up. The blood from the lungs, now rich with oxygen (oxygenated blood) enters, the left side of the heart. It enters the Left Atrium and then passes into the Left Ventricle. From there the oxygenated blood is pumped throughout the body.

With each contraction of the ventricles, about one fifth ($1/5$) of a pint of blood is discharged from the heart. Assuming 70 beats per minute, this amounts to a discharge of approximately 7 quarts of blood per minute. Within the average human lifetime, the heart pumps a total of 18 million barrels of blood.

The period during which the heart muscle contracts is called Systole; the period during which the heart muscle relaxes is Diastole. The Atria relax and contract at different times, in such a way as to ensure that the Ventricles always have available a full supply of blood.

The Atria are relaxed and filling with blood during the contraction of the ventricles. Just before the ventricles reach the end of their contraction, the Atria begin to contract. This builds up pressure in the Atria with the result that blood enters the ventricles as soon as they reach the end of their contraction. As the ventricles contract again, the Atria relax letting in a fresh supply of blood.

As blood flows from the Atrium to the ventricle it is prevented from flowing backward by a system of valves within each half of the heart. A valve called the Atrioventricular Valve is located in the passageway between each Atrium and Ventricle. This valve consists of thin, leaf-shaped flaps that extend from the walls of the passageway. When blood flows from the Atrium to the Ventricle, these flaps are pressed flat against the wall of the passageway so that they offer no resistance to flow. However, if the blood attempts to flow in the opposite direction, as when the ventricle contracts, the flaps are forced away from the sides of the passageway and they press tightly against each other to block the flow of blood. String-like ligaments attached to the heart muscle and the flaps open.

Another valve, the Semilunar Valve, is located at the exit of each ventricle. The Semilunar Valve consists of pocket-like flaps of tissue attached to the wall of the passageway. When the blood is discharged from the Ventricle, the pressure flattens the flaps against the sides of the passageway. When the ventricle is relaxed and filling with another supply of blood, the valves close, the pockets of the valves fill with backed-up blood and press tightly against each other, thus blocking any flow of blood into the ventricle.

The valve actions are reflected in the sounds "lubb-dubb, lubb-dubb" made by the heart. The "lubb" sound is made by the Atrioventricular valves as they close at the beginning of Systole. The "dubb" sound, which is louder and sharper, is made by the closing of the semi-

lunar valves at the beginning of diastole. When you lie quietly, you can feel your entire body pulsating in time to the beating of your heart. This pulsating is not caused by the pulsations of the blood within the blood vessels, as many people suppose. Rather, it is produced by the valves of the heart as slap shut during Systole and Diastole. The slapping together of the valves produces pulse waves that pass through the blood in the Arteries.

BLOOD VESSELS:

Blood travels through the body within a system of blood vessels consisting of arteries, capillaries, and veins. Arteries branch continually into smaller arteries, into arterioles, and finally into a network of thin-walled capillaries. Oxygen and nutrients from the blood pass through the capillary walls and reach the cells. Carbon dioxide and other waste products enter the capillaries from nearby cells. The capillaries unite into Venules, then small veins, then increasingly larger veins. It is through this Venous (vein) system that deoxygenated blood returns to the heart.

ARTERIES:

The system of blood vessels that carries blood from the heart to the body is the Arterial System, blood vessels of the Arterial system are called Arteries. The principal artery in the body, the Aorta, is connected directly to the heart. The left side of the heart discharges the blood into the aorta. The aorta ascends from the heart, arches over in back of the heart, and then descends the length of the trunk, keeping close to the Vertebral Column which protects it against external injuries.

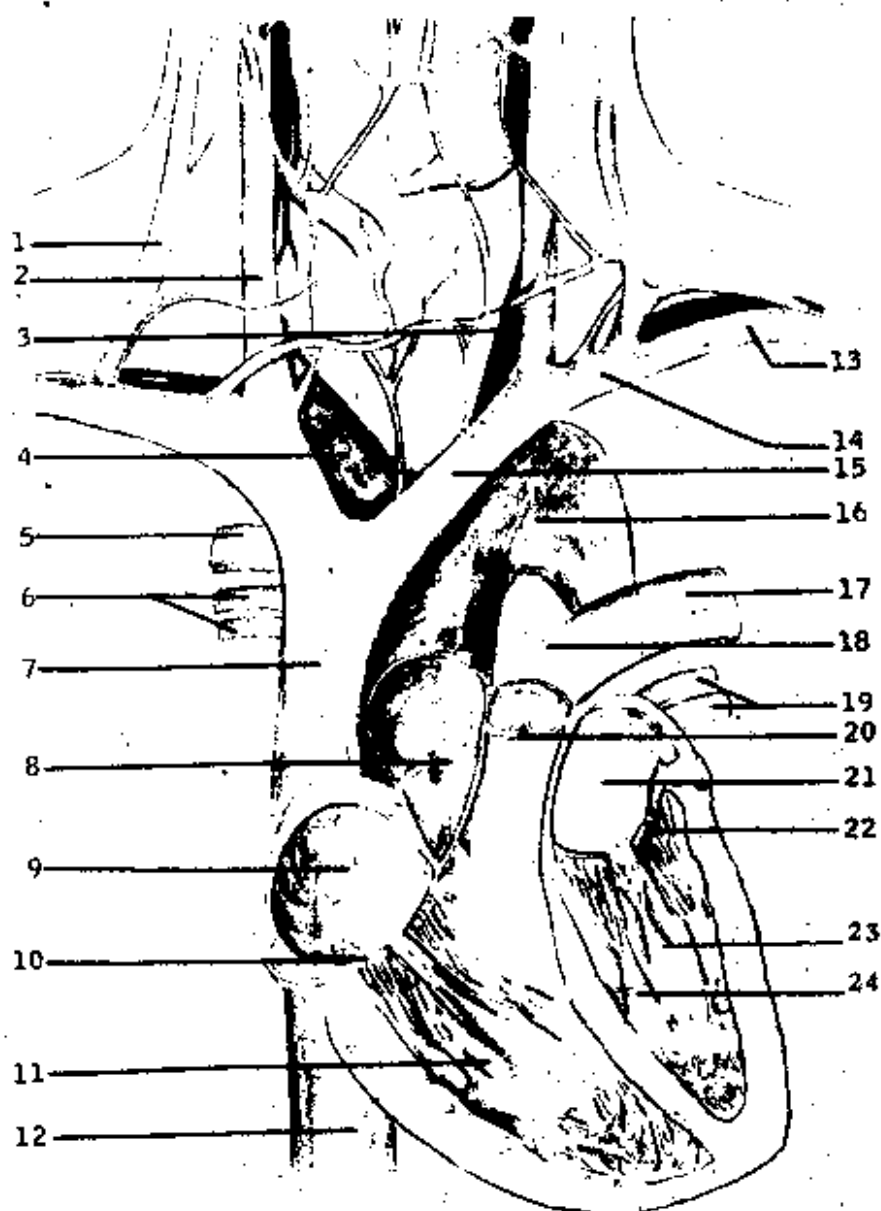
Just as the aorta emerges from the heart, two arteries, the Coronary Arteries, branch off to supply the heart muscle with blood. As the aorta descends, other arteries branch off from it to supply other major organs and parts of the body with blood.

The major arteries leading directly from the heart are very elastic. They have the ability to stretch in response to the pulsations produced by the pumping action of the heart, and are thus able to absorb the pulsations and smooth the flow of blood into the smaller arteries.

The smooth muscle fibers in the arteries are under the control of the Autonomic Nervous System. These smooth muscle fibers control the quantity of blood passing through a specific organ. For example, after you eat a heavy meal, your digestive system becomes increasingly active and consequently requires an increased quantity of blood. The muscles that surround the arteries leading to your digestive system relax permitting the arteries to expand. More blood can then flow through the arteries to your stomach and intestines. At the same time, since the amount of blood in your body remains constant restricting the amount of blood flowing through these arteries.

The smallest arteries are called Arterioles. They are no thicker than a human hair, and are often smaller in diameter. Arterioles are often surrounded by a single muscle fiber, which enables the body to exercise extremely fine control in determining into which parts of which tissues blood will flow. The arterioles branch directly to the capillaries.

INTERIOR OF THE HEART
AND
BLOOD VESSELS OF THE NECK



1. external jugular vein
2. internal jugular vein
3. common carotid artery
4. brachiocephalic artery
5. right pulmonary artery
6. right pulmonary veins
7. superior vena cava
8. aortic semilunar valve
9. right atrium
10. tricuspid valve
11. right ventricle
12. inferior vena cava

13. axillary vein
14. subclavian vein
15. brachiocephalic vein
16. aortic arch
17. left pulmonary artery
18. pulmonary artery
19. left pulmonary veins
20. pulmonary semilunar valve
21. left atrium
22. mitral valve
23. left ventricle
24. papillary muscle

CAPILLARIES:

Capillaries are the primary distributors of blood to the cells of the body. Because the walls of a capillary consist of a single layer of cells. It is possible for nutrients, oxygen, and other substances to diffuse out of a capillary to the cells and for waste products, such as carbon dioxide, to pass through the capillary walls from nearby cells. The diameter of a capillary is only about eight microns, which is smaller than the diameter of an arteriole and therefore the red blood cells must squeeze their way in single file through the capillaries. Despite their small size, the capillaries form an extensive distribution network.

VEINS:

Upon leaving the capillaries, blood drains into very tiny veins called Venules. The Venules join together to form veins, and the veins increase in size as they approach the heart. Veins returning deoxygenated blood to the heart converge into two large veins the Superior Vena Cava, and Inferior Vena Cave, which enter the right atrium together.

Since Veins do not have to withstand the relatively high pressures to which the arterial system is subjected, they are correspondingly thinner and do not have the structure of muscle and connective tissue found in the arteries. In fact, were it not for the pressure of the blood with the veins, they would collapse just as fire hoses collapse once they are drained of water.

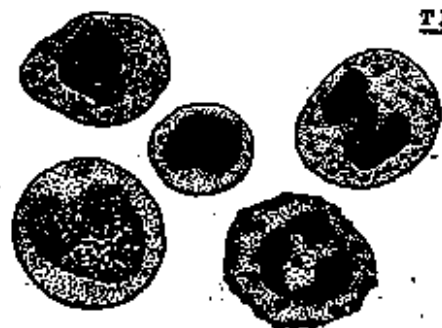
BLOOD:

To the eye, blood appears to be a deep red fluid, slightly thicker than water. Once a sample is drawn and treated to prevent clotting, after a period of standing it will separate into two layers. The bottom layer which is about 45 percent of the total quantity of blood, consists mainly of Red Blood Cells, plus a smaller number of White Blood Cells, and blood Platelets. The upper layer which is about 55 percent of the total quantity, is a clear, slightly yellow liquid called Plasma.

PLASMA:

Plasma is about 92 percent water. The remaining eight percent consists of chemical substances dissolved or suspended in the water: Proteins, salts, amino acids, glucose, fats, hormones, antibodies, enzymes, vitamins, dissolved gases such as oxygen and nitrogen, and urea (which is a solid component of urine) and other waste products. Altogether, there are about 100 different substances in plasma. All help in some way to keep the body alive and functioning normally.

TYPES OF BLOOD CELLS



WHITE BLOOD CELLS



PLATELETS



RED BLOOD CELLS

The red blood cells or Erythrocytes, are extremely tiny, round objects surrounded by a membrane. Red blood cells are vital to the body because they transport oxygen to the cells and carry away carbon dioxide. This is accomplished by protein molecules called Hemoglobin.

Each Red blood cell contains about 280 million hemoglobin molecules. A part of each hemoglobin molecule is a pigment called Heme, which contains an atom of Iron. It is the Iron Atom that attracts a molecule of oxygen in the lungs and thus enables the blood to transport the oxygen through the body.

ABNORMALITIES:

A shortage of Red Blood Cells or Hemoglobin results in a condition called Anemia. An Anemic individual is typically pale, weak, and lethargic (sleepy, drowsy). Iron Deficiency Anemia is the result of an iron deficiency in the diet, or the excessive loss of blood because of internal bleeding, as with ulcers. If Anemia is not a symptom of ulcers or another abnormality, adding iron to the diet, or taking iron tablets, usually alleviates this condition.

Pernicious Anemia, on the other hand, results from a failure of the red bone marrow to produce sufficient red blood cells. This disease is the result of the body's inability to absorb vitamin B12; a vitamin necessary for the production of Red Blood Cells from the intestine. The failure to absorb vitamin B12 is, in turn, due to the inability of the body to produce a specific chemical substance called the Intrinsic Factor.

WHITE BLOOD CELLS:

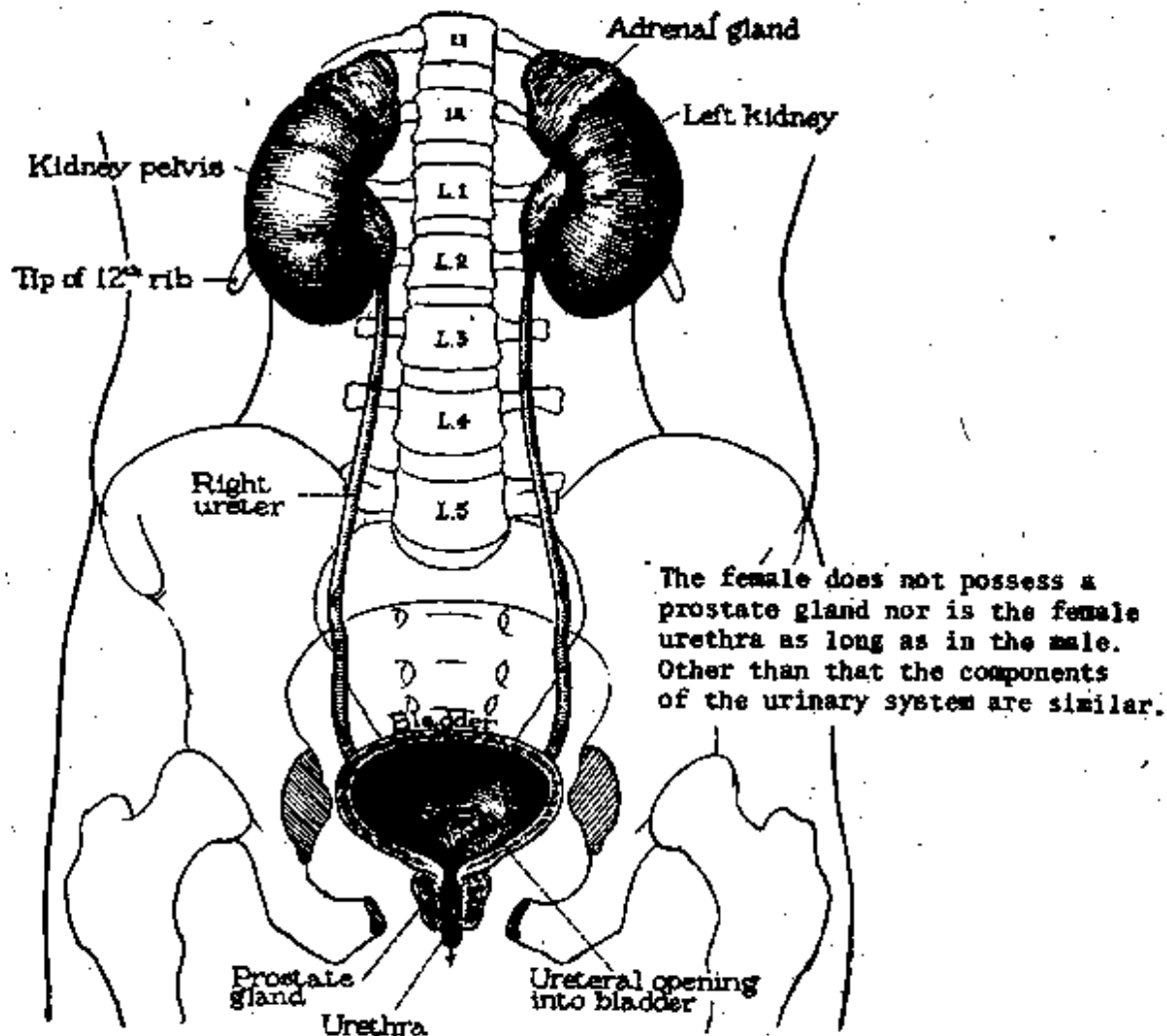
White Blood Cells, or Leucocytes, are much less numerous than Red blood cells; for every white blood cell in the body, there are 700 red blood cells. Leucocytes vary in size, from slightly larger than red blood cells to twice the size of red blood cells. Children normally have about twice as many leucocytes as adults.

The primary function of leucocytes is to protect the body against foreign microorganisms. To do this, leucocytes must move actively through the body. The white blood cells are flexible and can squeeze past the thin walls of the capillaries as they make their way to the site of an infection. At the site of the infection, certain leucocytes destroy microorganisms by surrounding and absorbing the microorganisms into their cell bodies, and then digesting them. Leucocytes increase in number considerably during periods of illness.

If there is an enormous increase in the number of leucocytes, without any accompanying disease or infection, the cause may be Leukemia. Leukemia is a cancer of those tissues that produce the white blood cells. The cancer stimulates the tissues to produce an abnormally large number of Leucocytes, as high as 500,000 or one million per cubic millimeter. The white cells crowd out the red blood cells and platelets, producing anemia and bleeding.

BLOOD PLATELETS:

Blood Platelets are irregularly shaped fragments of larger cells. They are about one quarter the size of red blood cells. Blood platelets play an essential part in blood clotting. Once bleeding occurs the platelets disintegrate, initiating a series of chemical reactions necessary to check the flow of blood.



THE URINARY SYSTEM

REMOVING WASTE PRODUCTS FROM THE BLOOD

KIDNEYS:

The two kidneys, each resembling a five-inch long kidney bean, are located on either side of the vertebral column, just under the ribs. Two large arteries, the Renal Arteries, deliver about one quarter of the blood discharged from the heart into the kidneys.

An enormous quantity of blood; about 1,800 quarts passes through the kidneys every day.

The kidneys filter waste substances-excess water, urea, mineral salts, and other products from the blood and return the blood to the heart via two Renal Veins. The only substances that do not pass through the kidneys are those that are too large; red and white blood cells, platelets, droplets of fat, and very large protein substances. These substances return to the main blood circulation.

In each kidney the waste substances collect and are expelled in fluid form through a Ureter. Every day the body produces about two(2) quarts of this fluid, which is called Urine.

URETERS:

The Ureters (one for each kidney) are about 12 inches long and as thick as a pencil's lead. They conduct the urine to the bladder. The smooth muscles in the walls of each ureter contract rhythmically in such a way as to milk the drops of urine through the ureter and into the bladder.

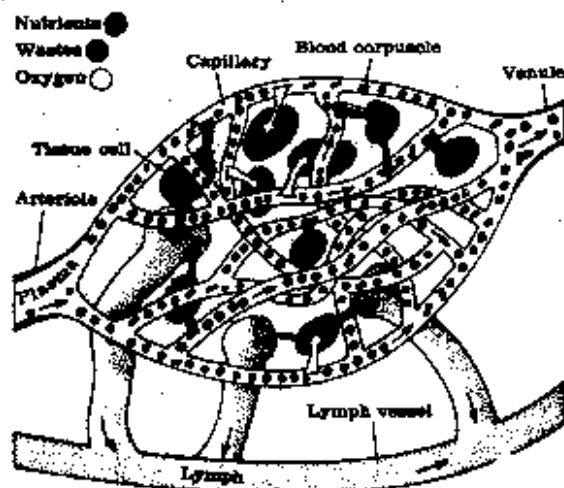
BLADDER:

The Bladder is a muscular bag in which urine is stored. When a sufficient amount of urine collects, it is discharged from the body through a tube called the Urethra.

The muscles surrounding the bladder are wrapped around it in three directions. These muscles are very elastic and can expand greatly, allowing the bladder to hold more than a quart of urine if necessary. A Sphincter muscle, which is under our conscious control, surrounds the Urethra and prevents the urine from discharging from the bladder uncontrolled.

The urinary system serves to eliminate most of the products of cell metabolism in the form of urea, water, and salts. The kidneys are the most vital organs for purifying the blood; and for this reason, diseases or obstructions in the kidneys are likely to affect the functioning of the heart and circulatory system.

THE LYMPHATIC SYSTEM



The vast network of blood vessels carries blood to every cell in the body. Once this is accomplished, there must be some way for the nutrients and oxygen to leave the blood and enter the cell, and for the cell's waste products to leave the cell and enter the blood. This exchange of nutrients and waste products is accomplished through the Tissue Fluid, or Lymph. Lymph is a colorless, watery fluid that surrounds every cell of the body. It is derived from blood plasma, the fluid part of the blood.

THE LYMPHATIC SYSTEM: TRANSPORTATION OF MATERIALS TO AND FROM THE CELLS. Upon exchange of nutrients and waste products, plasma filters out of the capillaries to surround each cell. In the course of this filtration red blood cells, platelets, and some proteins are left behind in the capillaries. The filtered plasma that diffuses into the cell is lymph. It contains white blood cells, nutrients, waste products, and oxygen. Lymph bathes each cell and is thus the liquid medium of exchange between the cells and blood stream.

In the lymphatic system exists Lymph Nodes, lumpy collections of cells, at the junctures of the larger lymphatic vessels. There are large collections of lymph nodes in the Groin, under the armpits, and in the neck. These lymph nodes produce Lymphocytes and Antibodies that protect the body against disease and infection. They also act as filters that trap

any foreign particles and bacteria in the body. When foreign micro-organisms enter the body, the lymph nodes grow larger as they produce the large number of lymphocytes necessary to fight off the infection. The tonsils for example, are made of lymphatic tissue; they often swell when there is an infection in the throat.

THE NERVOUS SYSTEM

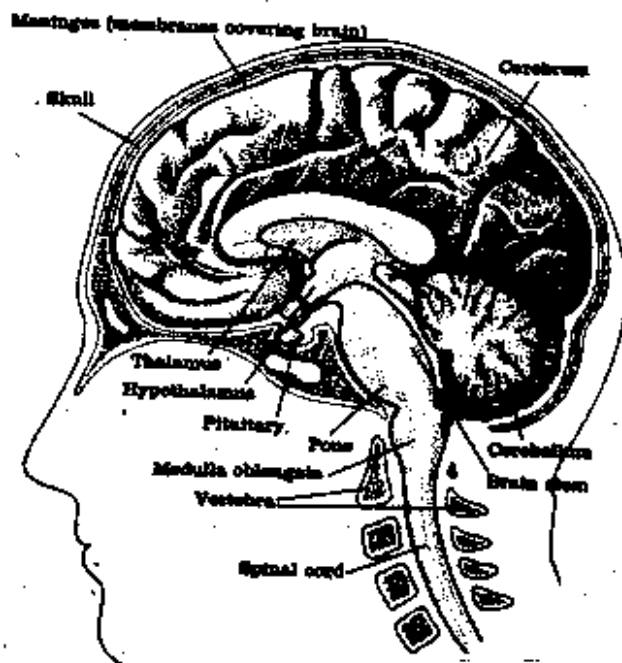
The Nervous System is the communications and control network of the body. Through electrochemical impulses it senses, sorts, stores, and uses "messages" that control every body function and process. It is also responsible for thought, strategy and decision making. The Nervous system is composed of an enormous network of nerve fibers and cells that reaches every part of the body.

CENTRAL NERVOUS SYSTEM:

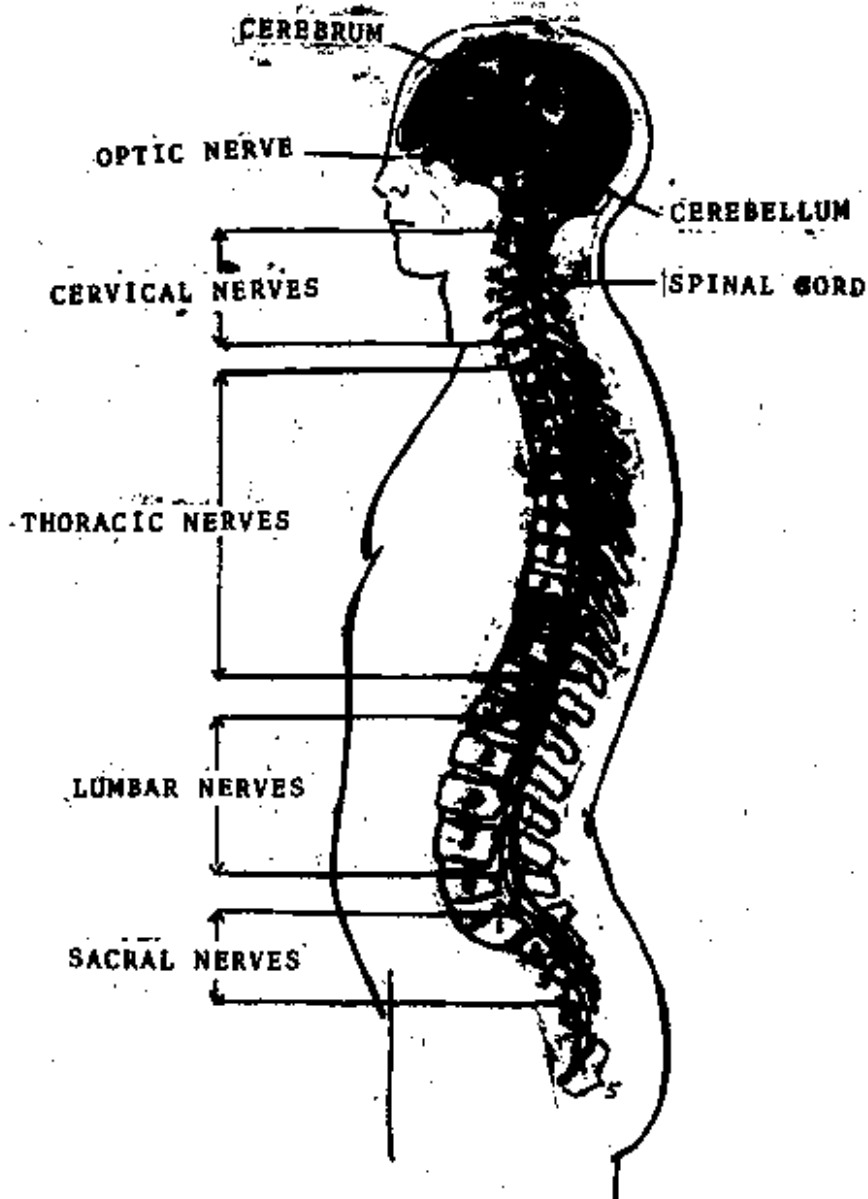
The control centers of the system are the Brain and Spinal Cord, which together make up the Central Nervous System. It coordinates almost all the activities of the body. The Central Nervous System receives information from all parts of the body via incoming sensory nerves; it then sorts out this information; and finally it sends the proper orders, through the outgoing motor nerves, to the parts of the body requiring adjustment.

SPINAL CORD:

Messages from sensory nerves enter the spinal cord through any one of 31 pairs of spinal nerves. The spinal cord contains a gray area in which interconnections are made between Sensory, Motor, and Interneurons. Sensory Neurons, or nerve cells, react to stimuli (heat, cold, pressure, etc) and transmit information from the source of the stimuli to the spinal cord. Interneurons connect the sensory neurons to Motor Neurons, which conduct "commands" from the spinal cord or brain to a muscle or gland. The spinal cord itself is afforded protection by the Vertebral Column, or Backbone. The Brain is protected by the Cranium, or Skull.



THE HUMAN BRAIN



GENERAL VIEW OF THE CENTRAL NERVOUS SYSTEM

THE BRAIN:

The brain is encased within the heavy bones of the Cranium, commonly called the Skull; the Spinal Cord passes through the hollow centers of the bone that make up the Vertebral Column, or Backbone. The brain and Spinal Cord merge with each other without a clearly defined boundary. The brain and Spinal Cord are covered by three membranes called the Meninges. Cerebrospinal Fluid within the membranes and within hollow portions of the brain and spinal cord, cushions the brain and spinal cord against external shocks and blows.

The Peripheral Nervous System includes all those parts of the Nervous System that are not part of the Central Nervous System. The Per-

ipheral Nervous System transmits sensations from the muscles, sensory organs which are the eyes, ears, nose, and tongue, and internal organs of the body to the Central Nervous System. Through the Peripheral Nervous System, nerve impulses originating in the brain are transmitted from the brain and Spinal Cord to the Muscles and Glands of the body, which enables the brain to control the operation of the body.

One important part of the Peripheral Nervous System includes the Cranial Nerves, which are located within the head and neck of the body. The Cranial Nerves transmit the sensations of sight, sound, taste, smell and balance from the sensory organs in the head and neck of the body. The Cranial Nerves transmit the sensations of sight, sound, taste, smell, and balance from the sensory organs in the head to the brain; the cranial nerves also transmit to the brain the sensations arising in the heart, lungs, and digestive system. The brain interprets these sensations from the sensory organs and then orders the muscles to take any appropriate action: run from danger, eat a meal, relax. The transmission of sensations arising from the heart, lungs, and digestive system enables the brain to control the operation of these important internal systems.

STRUCTURE OF THE NERVOUS SYSTEM

CENTRAL NERVOUS SYSTEM

AREAS CONCERNED:

1. BRAIN
2. SPINAL CORD

PERIPHERAL NERVOUS SYSTEM

AREAS CONCERNED:

1. MUSCLES
2. SENSORY ORGANS
3. INTERNAL ORGANS

FUNCTION OF THE NERVOUS SYSTEM

VOLUNTARY FUNCTIONS:

CONTROLLED BY:
CEREBRAL CORTEX

FUNCTION:

GATHER INFORMATION FROM ALL THE SENSES AND RECORD IT FOR USE IN THE FUTURE.

INVOLUNTARY FUNCTIONS:

CONTROLLED BY:
AUTONOMIC NERVOUS SYSTEM

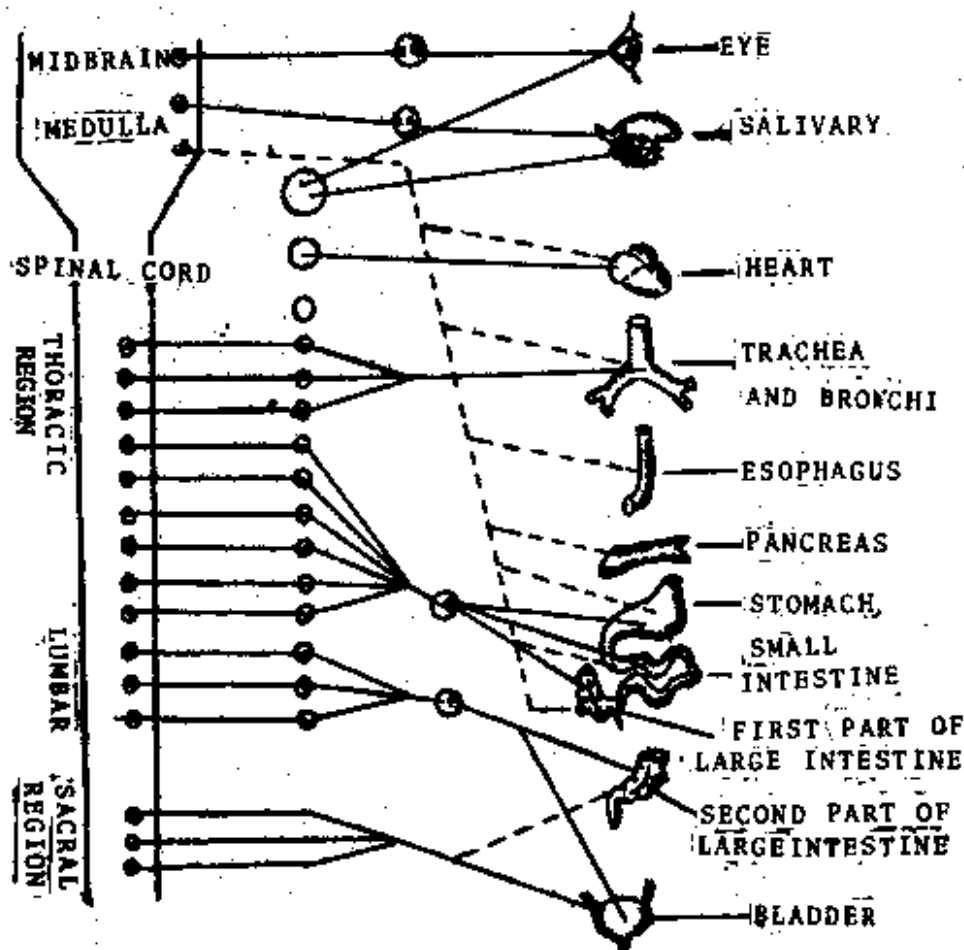
FUNCTION:

REGULATES BREATHING, BODY TEMPERATURE, BLOOD PRESSURE OPERATION OF CIRCULATORY, DIGESTIVE, EXCRETORY AND REPRODUCTIVE SYSTEMS.

The Nervous System can be also described according to function. The nervous system controls both Voluntary and Involuntary functions. Voluntary functions are controlled by a special portion of the brain the Cerebral Cortex. The Cortex gathers information from all the senses, and record it for future use. It then sends out signals to the proper muscles to act in response to the intake of the senses, using past experience as a guide.

The Involuntary Functions are controlled by the Autonomic Nervous System, which includes all those parts of the Central and Peripheral Nervous System that have anything at all to do with regulating and controlling the internal body. The Autonomic Nervous System functions automatically, and without our conscious knowledge, to regulate our breathing, body temperature, blood pressure, and the operation of our

The Autonomic Nervous System is divided into the Sympathetic and the Parasympathetic Systems. The Sympathetic and Parasympathetic Systems have opposite effects on the same body functions, so that fine control of that function can be maintained. Just as the driver of an automobile uses both the brakes and the accelerator to maintain the speed appropriate to a situation, so does the Central Nervous System employ the Parasympathetic system to slow heart rate and Sympathetic system to accelerate it. When a person experiences fear or anger he often feels his heart "race". The brain interprets the anger or fear producing situation and slightly releases the Parasympathetic slowing of heart rate in much the same way a driver releases the brakes. As the Parasympathetic control is released, the Sympathetic effect of speeding up the heart becomes more influential and heart rate increases. Thus, the Parasympathetic and Sympathetic effects are coordinated, and the actual heart rate is determined by a balance between the two opposing systems.



"The Autonomic Nervous System."

This system carries impulses to and from the organs blood vessels and glands causing body reactions that are not within conscious control.

Pupil of the Eye	Constricted	Dilated
The Circulatory System		
Rate and force of heartbeat	Decreased	Increased
Blood vessels		
In heart muscle	Constricted	Dilated
In skeletal muscle	*	Dilated
In abdominal viscera and the skin	*	Constricted
Blood pressure	Decreased	Increased
The Respiratory System		
Bronchioles	Constricted	Dilated
Rate of breathing	Decreased	Increased
The Digestive System		
Peristaltic movements of digestive tube	Increased	Decreased
Muscular sphincters of digestive tube	Relaxed	Contracted
Secretion of salivary glands	Thin, watery saliva	Thick, viscid saliva
Secretions of stomach, intestine, and pancreas	Increased	*
Conversion of liver glycogen to glucose		Increased
The Genitourinary System		
Urinary bladder		Relaxed
Muscular walls	Contracted	Contracted
Sphincters	Relaxed	Contracted under some conditions; varies with menstrual cycle and pregnancy
Muscle of the uterus	Relaxed; variable	
Blood vessels of external genitalia	Dilated	
The Integument		
Secretion of sweat	*	Increased
Pilomotor muscles	*	Contracted (gooseflesh)
Medulla of adrenal glands	*	Secretion of epinephrine and norepinephrine

* = No direct effect.

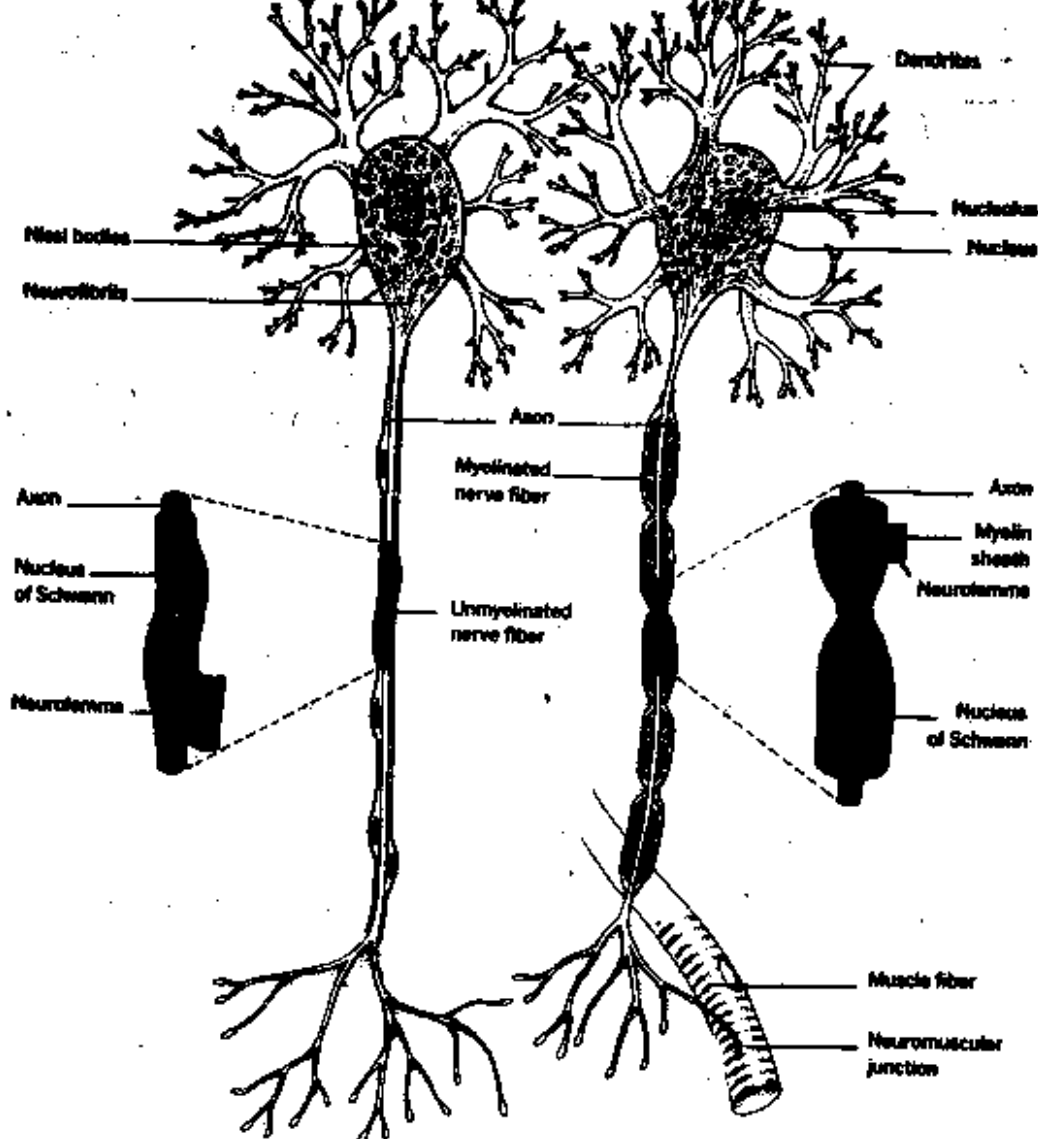
NERVE IMPULSES AND CIRCUITS

The basic building block of the Nervous System is the Nerve Cell, or Neuron. Neurons form the network of nerves throughout the body. Most of the metabolic processes* of the Neuron take place in its cell body. Two types of fibers extend from the cell body; a large number of Dendrites and a single Axon. Nerve impulses enter the cell through Dendrites and leave the cell through the Axon. Between individual Neurons is a tiny gap called A Synapse across which the nerve impulse travels.

A Nerve Impulse is initiated when an outside stimulus acts on a Neural Fiber, reversing the electrical charges on both sides of the fiber's membrane. The reversal rapidly travels along the fiber's length, crosses a synapse, activates the next Neuron, and so on.

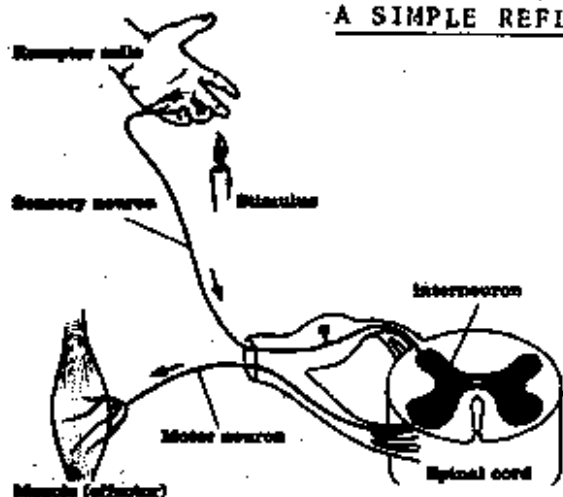
The reaction of the body to a stimulus is determined by a circuit of nerve impulses called a Reflex Arc. In the simplest kind of reflex arc a sensory neuron transmits the impulse to an interneuron. The interneuron transmits an impulse to a motor neuron, which causes a muscle to move or a gland to secrete. The Interneuron also transmits an impulse simultaneously to neurons in the central nervous system so that the brain is alerted to the stimulus.

* The chemical and physical processes continuously going on in living organisms and cells.

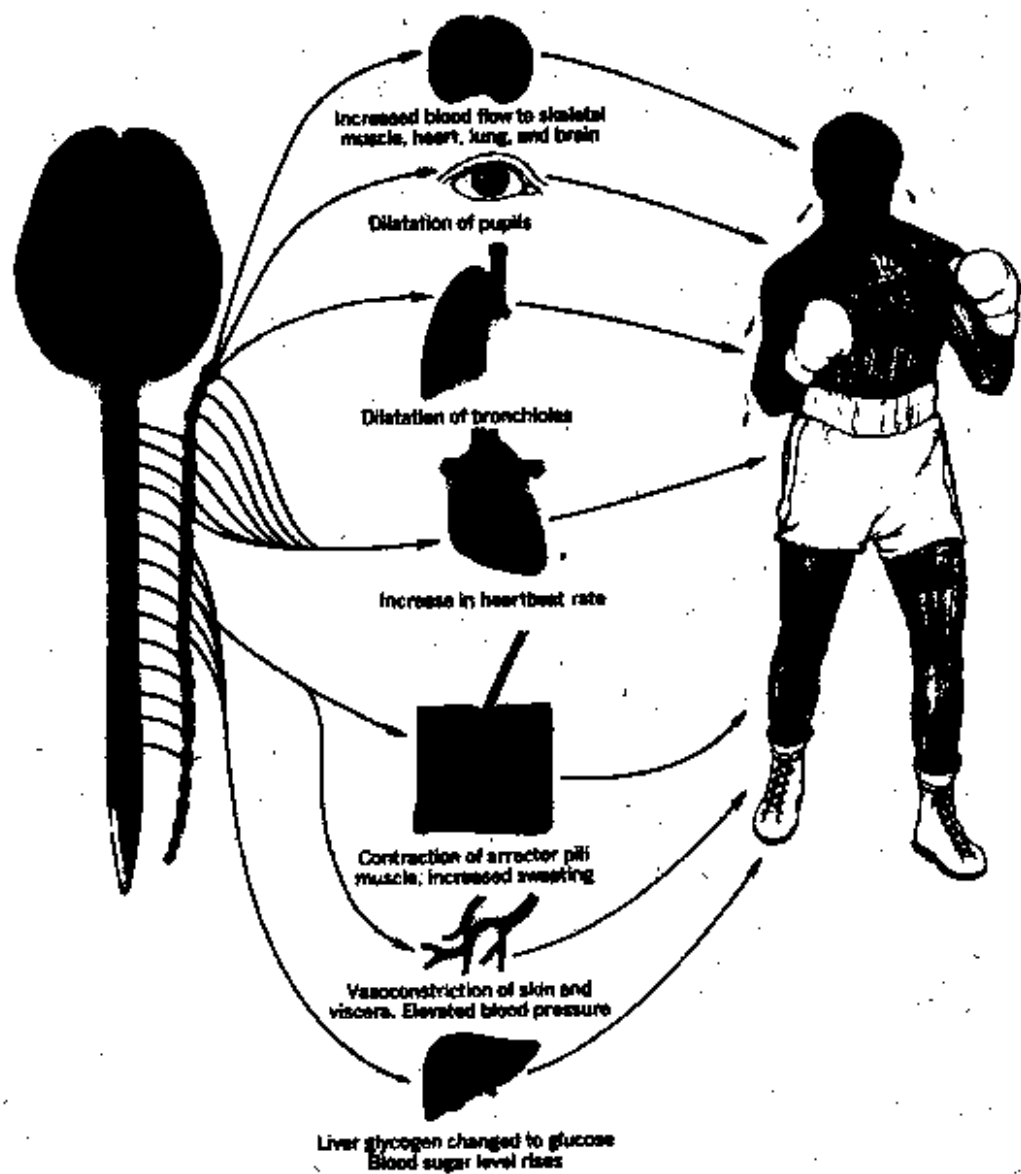


A typical Neuron and direction of nerve impulses. The dendrites carry impulses into the cell. The Axon carries impulses away from the cell.

A SIMPLE REFLEX ARC



The Nerve impulse travels the sensory neuron to the interneuron and then to the motor neuron. From the motor neuron the impulse travels to the muscle where the response is made. The impulse crosses many synapses which are not illustrated, in completing this arc.



The Appearance of a man in an emotional crisis. The Sympathetic Division is maximally activated, preparing man for fight or flight.

THE SKELETAL SYSTEM

The 206 bones which man is composed of are not solid, inert masses. Rather these vital structures are dynamic little "factories" where millions of cells are busily engaged in work on a production-line that would be the envy of any modern assembly plant.

Approximately one (1) million wornout red blood corpuscles are destroyed every second of every day in the body, and it is important that an equal amount are formed to replace them.

Other Functions of the Skeletal System:

In combination with Cartilaginous tissue it forms a solid "supporting framework" for the softer tissues and provides protection for them. Some parts of the skeletal system connect with each other in such a way that they form structures like cages or boxes in which internal organs are lodged. An example of this is the chest (thorax), in which the lungs and the heart occupy a protected position. The skeleton also furnishes surfaces for the attachment of muscles, tendons and ligaments, which in turn pull on the individual bones and make it possible for us to move about. Thus one can see that bones and muscles are inseparable companions in the erect and moving body.

CLASSIFICATION OF BONES:

Bones are classified on the basis of their shape rather than according to size. For example the relatively small bones in your fingers are still referred to as "long bones".

Long Bones:

Long bones are found in the upper and the lower extremities; the only exceptions being the bones of the wrist, the ankle and the knee cap.

Short Bones:

Short bones are located in the wrist and the ankle. They might be described as cubical in shape and consist of spongy bone covered with a shell of compact bone.

Flat Bones:

Flat bones are relatively thin, each being composed of two plates of compact bone which enclose between them a layer of spongy bone. The ribs and several of the skull bones are examples of this.

Irregular Bones:

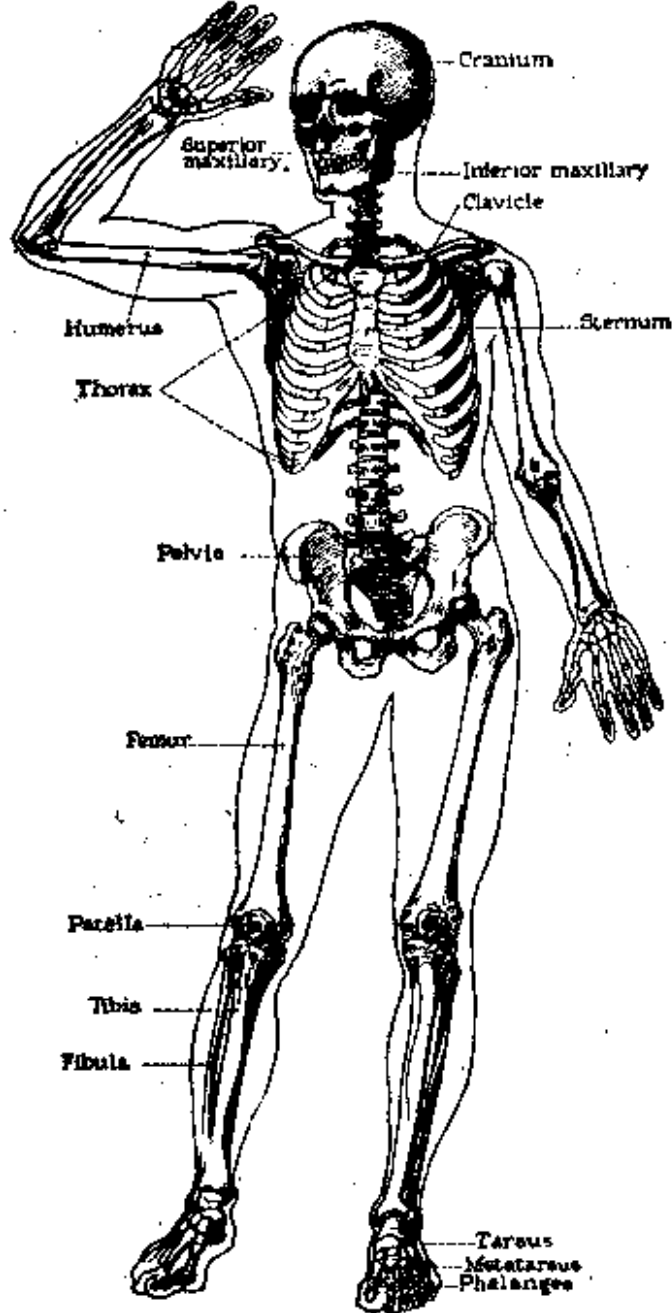
Irregular bones appear in various shapes and include all that are not in one of the preceding classes. For example, bones of the spinal column, the jaw, etc., are irregular bones. Bulky portions of these bones consist of spongy bone surrounded by a layer of compact bone, while the thinner parts may be composed of two plates of compact bone with a small amount of spongy bone between them.

Sesamoid Bones:

With the exception of the knee cap, are very small, rounded bones. They develop in the capsules of joints or in tendons, and their function is to reduce friction.

THE SKELETAL MUSCLES

Over 600 skeletal muscles are under our command. They vary in size, shape, power and method of attachment. These muscular engines enable us to execute all manner of voluntary movements. They also make up the so-called red meat of the body, which comprise about 36 per cent



THE SKELETAL (BONES) SYSTEM

MUSCLE TISSUE:

Were it not for our muscle tissue, our bones and joints would be useless, food could not move through the digestive tract, and blood could not move through the digestive tract, and blood could not circulate through the vessels of the body. Any type of movement would be quite impossible. Muscle tissue is most famous for its ability to contract, or to shorten thus producing movement of internal and external body parts. An example of this is the important activity that begins long before one is born and continues until your last minute of life; this is the contraction of heart muscle which results in the pumping of blood to all parts of the body.

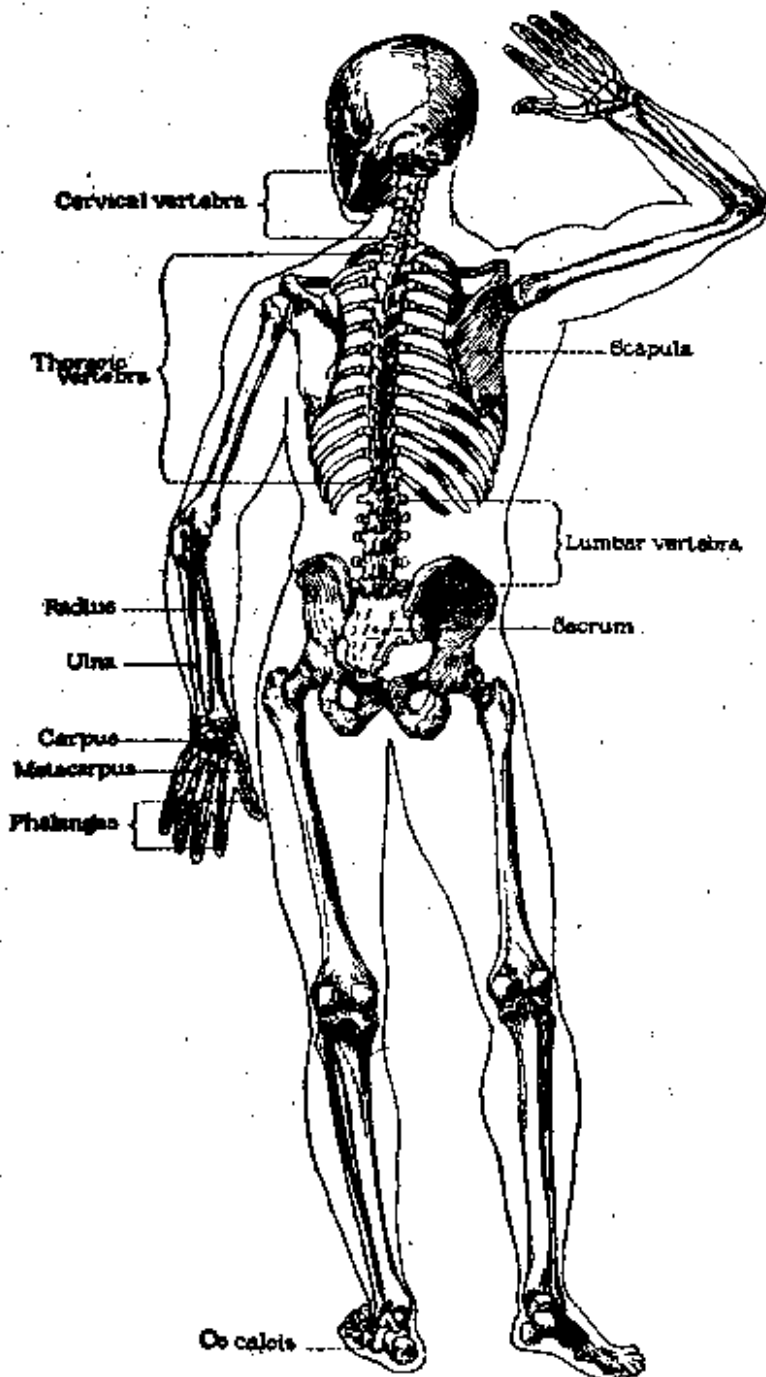
of the body weight in women and 42 per cent in men. The combined weight of all the skeletal muscles in the body is about three (3) times as great as that of all the bones.

Function:

Skeletal muscles are responsible for the movements of parts of the body or the body as a whole and are used in both voluntary and reflex movements. When muscles contract, they become shorter and thus exert a pull on their attachments. Most skeletal muscles are attached to the bones, which function as levers, and move those bones at the joints which serve as support. Muscles do not usually lie directly over the part that is to move; instead they are located above or below it, in front of or behind it, depending on the desired movement. For example, the muscle bodies which move the forearm are located in the region of the arm, their tendons crossing the elbow joint to insert on the bones of the forearm.

Many skeletal muscles are arranged in pairs. When one of a pair contracts the other muscle of the pair relaxes. The first is called the Prime Mover, and the second the Antagonist. The relaxation of the antagonist makes possible coordinated movement.

When you wish to perform a particular act such as rubbing your eye, the act as a whole is thought of, and you do not analyze it into the individual muscles that you are going to use.



Other important movements are those related to breathing, or getting oxygen into and carbon dioxide out of the lungs. The first gasp or cry (A-Life, Lah-No other) ALLAH, of a newborn infant indicates that the muscles of respiration have begun to function. (Refer to Edition CHILDBIRTH AND REPRODUCTION, Number 56). Soon after birth we find other important muscular activity getting under way, activity over which we have no voluntary control; the movement of food material along the gastrointestinal tract, the emptying of the bowel, the transport of urine from the kidneys to the urinary bladder, and then the emptying of this bladder. These activities are possible by muscle tissue which is located in the walls of various organs.

Another important function of muscle tissue is the production of Heat. The chemical changes which occur during muscle contraction produce much of the heat that is needed to maintain our normal body temperature. An example of this is when you "shiver" in cold weather, this is the body's attempt to produce more heat and keep you warm.

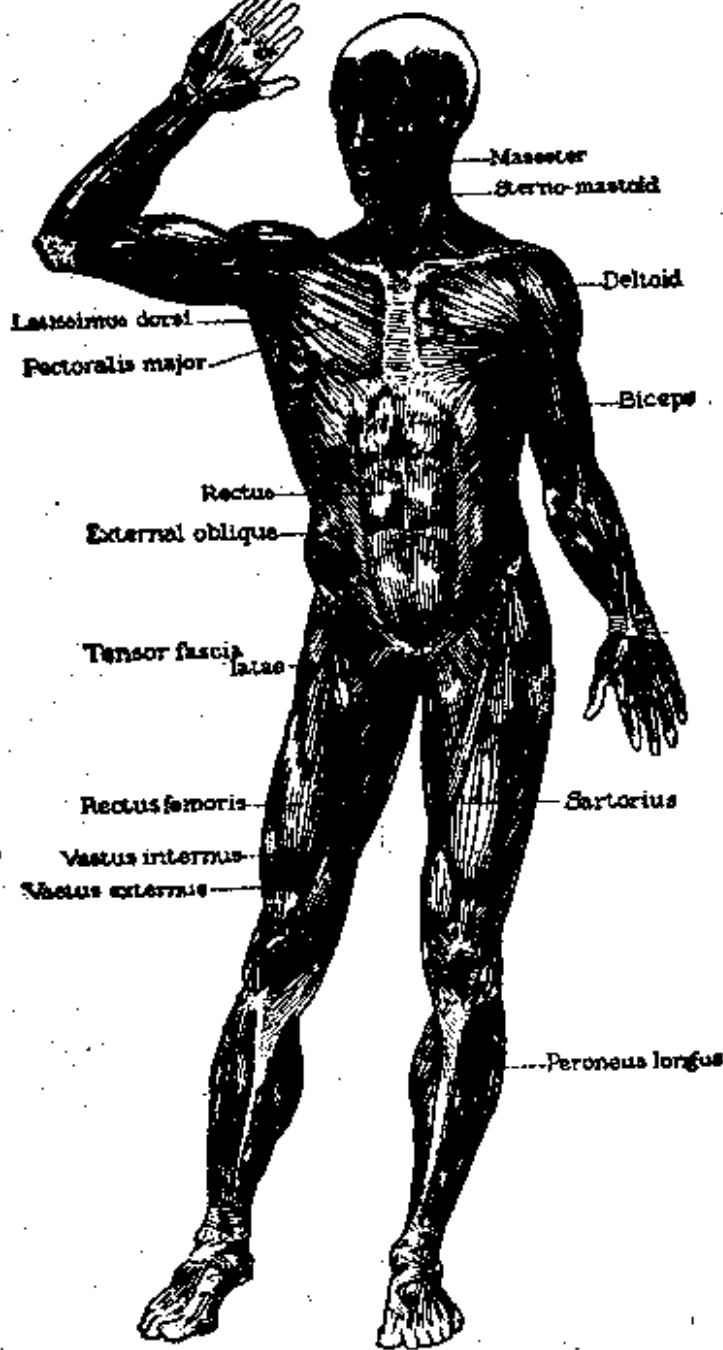
TYPES OF MUSCLE TISSUE

Muscles serve as the "Engines" of our body and are so constructed as to provide varying degrees of speed and power. There are three types of muscle tissue (skeletal, smooth and cardiac), each being designed for the performance of a certain type

of work.

SKELTAL MUSCLE:

Skeletal muscles are attached to the bones, cover the skelton and give shape to the body, as well as making it possible for us to move about. This muscle is also referred to as Striated, due to the striped appearance of its individual fibers when seen under a microscope. A third name Voluntary, is sometimes used to indicate that this type of muscle is under the control of our conscious will.



Smooth muscle is very prominent in the walls of the stomach, the intestine, the urinary bladder, etcetera. Smooth muscle also occurs in the walls of blood vessels, in the glands and in the skin. The term voluntary, is used to indicate that this type of muscle is not subject to our conscious control. Smooth muscle might be compared with the engine of a freight elevator; geared for slow speed and heavy duty, it continues to function day after day in a slow but steady manner.

CARDIAC MUSCLE:

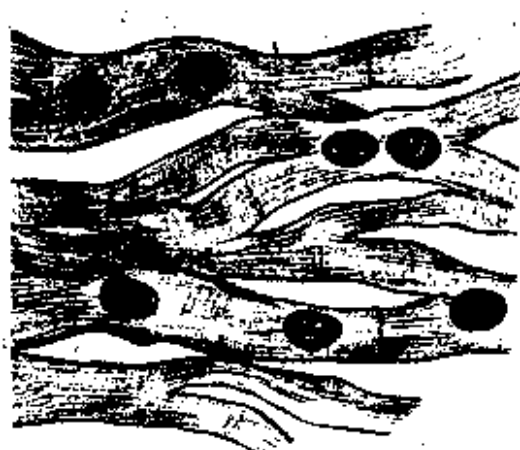
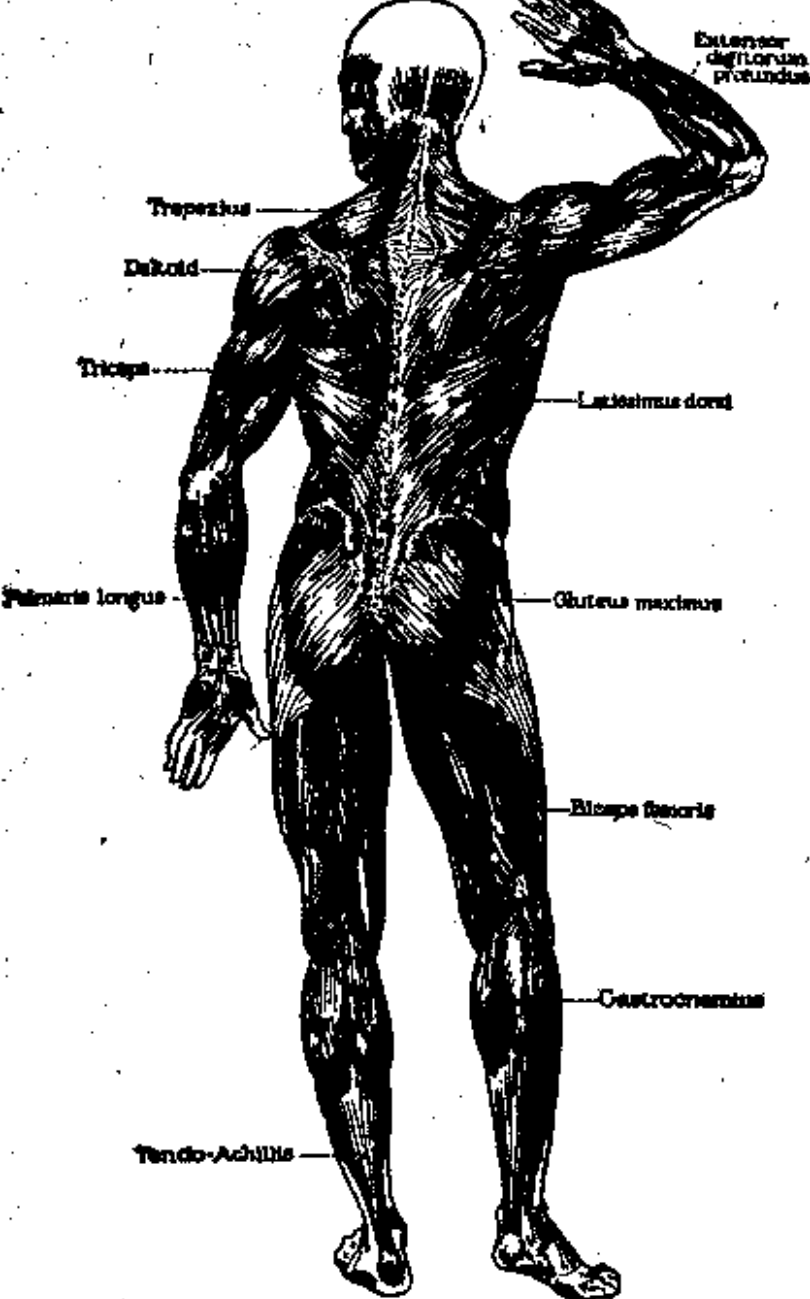
This tissue is found only in the walls of the Heart, hence the name cardiac muscle. It also is involuntary, since we have no conscious control of its activity. Our cardiac tissue works day after day, yet it is capable of vigorous response for short periods, such as when we make a dash for the bus or run up a flight of stairs.



STRIATED MUSCLE



SMOOTH MUSCLE FROM THE INTESTINE



CARDIAC MUSCLE

THE ENDOCRINE SYSTEM

The maintenance of the body is highly dependent upon the two great communication systems of the body; the nervous system and the Endocrine system. The most rapid communication service is provided by the nervous system which is comparable to the telephone system; nerve impulses, traveling swiftly to and from the central nervous system "switchboards" over nerve fiber "wires" enable one to make rapid adjustments in both the external and the internal environments. The Endocrine system, in contrast to the nervous system, provides a slower form of communication, because its messages are carried in the blood stream in the form of highly specialized chemical substances (hormones). These two communication systems are closely coordinated; each one

depends on the other for its performance.

ENDOCRINE GLANDS:

The Endocrine system consists of hormone producing cells, which are called endocrine glands. These glands are relatively simple structures, consisting of clumps or cords of secretory cells that lie close to capillary networks and are supported by delicate reticular fibers. Because Endocrine glands have no ducts, their secretions are discharged into the capillaries rather than onto the surface, or into a cavity, of the body, thus these glands also are referred to as Ductless Glands, or the glands of Internal Secretions.

Endocrine glands have one important feature in common; their secretory products are carried primarily in the blood stream. Even though the individual glands are located in widely separated regions of the body. They do form a system from a functional point of view (i.e., the functioning of one affects the functioning of others).

HORMONES:

The secretion produced by endocrine glands are called "hormones" a term derived from words meaning "to arouse" or "to spur on". Hormones are specific organic substances that are transported to various parts of the body, where they regulate the rates of specific processes. In carrying out their regulatory functions, some hormones are essential to life itself and others are not.

In order to have mental and physical health and to preserve homeostasis, a delicate and intricate balance must be maintained on the endocrine system.

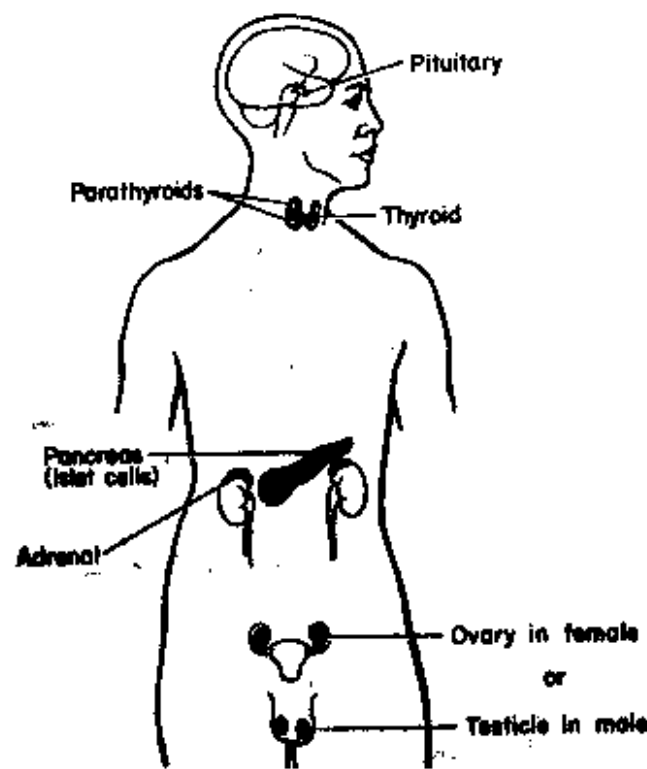
PITUITARY GLAND

Description:

The pituitary gland, lies at the base of the brain, to which it is attached by a thin stalk. Pituitary hormones dominate the activities of the thyroid gland, the adreanal cortices, and the gonads.

THE PINEAL GLAND

The pineal gland, or pineal body is a small cone-shaped structure which is intricate and highly sensitive "biological clock" which participates in regulating the gonads, or sex glands.



General Location of Major Endocrine Glands in the Body

THE RESPIRATORY SYSTEM

Respiration is a broad term that is used in reference to the exchange of gases between a living organism and its environment. In man respiration involves the taking up of oxygen and giving off of carbon dioxide. Allah Subhana Wa Ta'Ala has devised an ingenious respiratory plan that involves the combined services of two elaborate systems (respiratory and cardiovascular) which are referred to as external and internal respiration.

External respiration involves the exchange of gases between the circulating blood and the air. Internal respiration involves the exchange of gases between the circulating blood and the various tissue cells as they use oxygen and produce waste carbon dioxide.

ORGANS OF THE RESPIRATORY SYSTEM:

The organs which are concerned with external respiration are the nose, the pharynx, the larynx, the trachea, the bronchi and the lungs in addition to the thoracic cage and the respiratory muscles and nerves.

NOSE:

The nose consists of an external and internal portion. The external portion of the nose protrudes from the face and is highly variable in shape. The internal portion of the nose lies within the skull between the base of the cranium and the roof of the mouth, in front of the nasopharynx (superior portion of the throat).

THE PHARYNX:

The pharynx or throat is a tubular passageway that is attached to the base of the skull and extends downward behind the nasal cavities, the mouth and the larynx to continue as the esophagus (food pipe). Its walls are composed of skeletal muscle, and the lining consists of mucous membrane.

THE LARYNX:

The larynx or "voice box" serves as a passageway for air between the pharynx and the trachea. The unique structure of the larynx enables it to function somewhat like a valve on "guard duty" at the entrance of the windpipe, controlling air flow and preventing anything but air from entering the lower air passages. Exhalation of air through the larynx is controlled by voluntary muscles and so enables the larynx to become the organ of voice. During the act of swallowing, the larynx is pulled upward and forward in such a way that the air passageway is closed off, and food is shunted into the esophagus. Should food or other foreign matter enter the larynx, a cough reflex is set up in an attempt to expel it; a common expression for such a mishap is that one has "swallowed down the wrong throat".

THE TRACHEA:

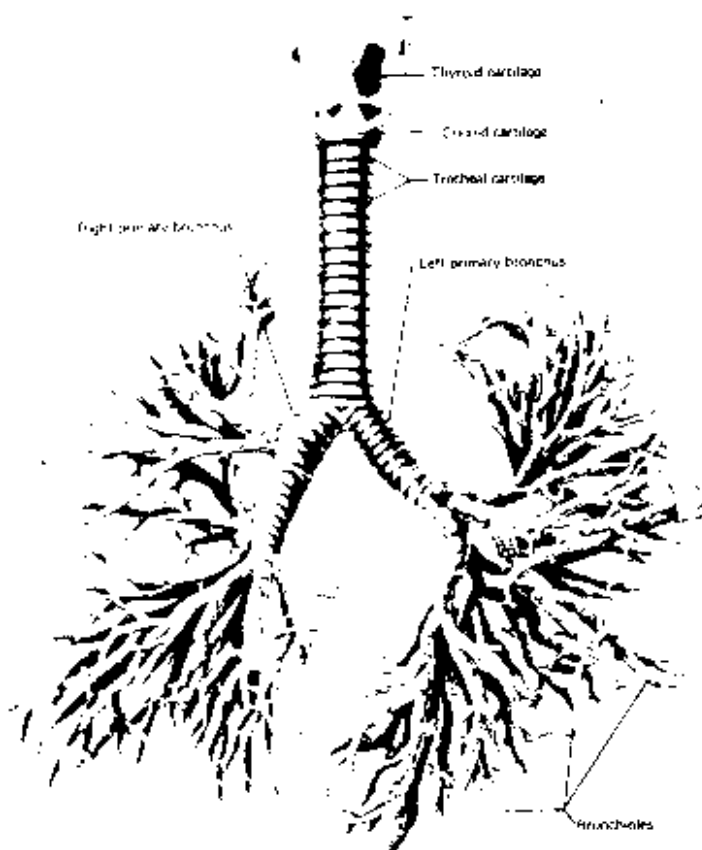
The trachea or windpipe is a flexible, tubular structure that extends from the larynx downward through the midline of the neck and into the thorax. The cartilage rings of the trachea help to keep it open at all times for the passage of air to and from the lungs.

THE BRONCHIAL TREE:

The trachea ends by dividing into right and left primary bronchi which extends to the lungs. Each bronchus enters the lung of its own side through the Hilus (meaning an opening through which vessels, nerves etc., enter and leave an organ). The right primary bronchus is more nearly vertical, shorter and wider than the left. Therefore, when foreign bodies enter the respiratory passages they are likely to be found in the right primary bronchus.

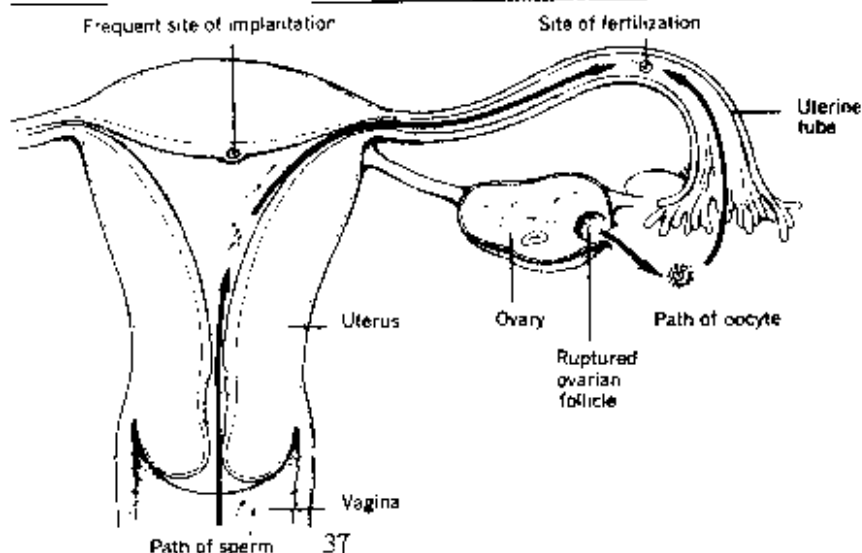
THE LUNGS:

The lungs are the essential organs of respiration, since it is here that the exchange of gases between the blood and air takes place. They lie within the thoracic cavity, one on either side of the heart and the other contents in the space between the lungs. The lungs are light, porous and spongy in texture, and they will float when placed in water. An important feature of the lung tissue is its great elasticity; this property is of fundamental importance during the act of breathing.



ORGANS OF RESPIRATION:
LARYNX, TRACHEA AND BRONCHIAL TREE
ANTERIOR (FRONT) VIEW

FEMALE REPRODUCTIVE ORGAN: SHOWING PATH OF OOCYTE FROM OVARY INTO UTERINE TUBE. PATH OF SPERMATOZOA IS ALSO SHOWN.



هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُنْ شَيْئًا مَّا كُنَّا نَدْعُوهُ إِنَّا خَلَقْنَا الْإِنْسَانَ
مِنْ نُّطْفَةٍ أَسْجَاجٍ كَتَبْنَاهُ قَبْلُ فَجَعَلْنَاهُ سِنِينَ أَمْرًا .

"SURELY THERE CAME OVER MAN WHEN HE WAS NOTHING THAT COULD HE MENTIONED, SURELY WE HAVE CREATED MAN FROM SPERM MIXED WITH OVUM."

Sexual Reproduction is the union of two cells to form one, which then grows into a new individual. The organs of the reproductive system may be divided into Two (2) groups: (1) the gonads (testes and ovaries), which perform the double function of producing germ cells (spermatozoa and ova) and hormones (testosterone, estrogen and progesterone) and (2) a series of ducts for the transportation of germ cells. In the male, the part of duct system (penis) is modified for the transfer of germ cells into the body of the female. In the female a part of the duct system (uterus) is modified to support the growth and development of the new individual.

MALE REPRODUCTIVE SYSTEM:

The male reproductive system consists of a pair of male gonads or testes and a system of excretory ducts with their accessory structures. The ducts are the epididymis, the ductus deferens and the ejaculatory ducts. The accessory structures are the seminal vesicles, the prostate gland, the bulbo-urethral glands and the penis.

The testes are suspended outside of the abdominal cavity in a pouch-like sac called the Scrotum (meaning "bag"). Within each testes are tiny coiled seminiferous tubules that are concerned with the production of spermatozoa, the male sex cells. These tubules have a total length of about one-half mile.

The duct system serves to transport spermatozoa from each testes to the urethra. It includes the epididymis, the ductus deferens and the ejaculatory duct.

SEMEN:

The spermatozoa, plus the secretions of the seminal vesicles of the prostate gland and of the bulbo-urethral glands, make up the semen, which is ejaculated during the male sexual act. This thick, grayish-white fluid has an average pH of about 6.5. Semen is ejected by means of contraction of the smooth muscle of the prostate gland and the contraction of a certain muscle in the urethra. In the average male, each cubic centimeter of semen contains 777,777,777 million sperm cells. (Refer to CHILDBIRTH AND REPRODUCTION, Edition Number 56) However, only one spermatozoon can fertilize an oocyte (egg), and the remainder disintegrate.

FEMALE REPRODUCTIVE SYSTEM

The female reproductive system consists of the paired gonads or ovaries the paired uterine tubes, a single uterus and a vagina. The associated structures include the external genitalia and the mammary glands.

OVARIES:

The ovaries are small, almond shaped bodies that are about 1½ inches in length. They are located one on either side of the uterus, below the uterine tubes, and attached to the posterior (back) surface of the broad ligament of the uterus.

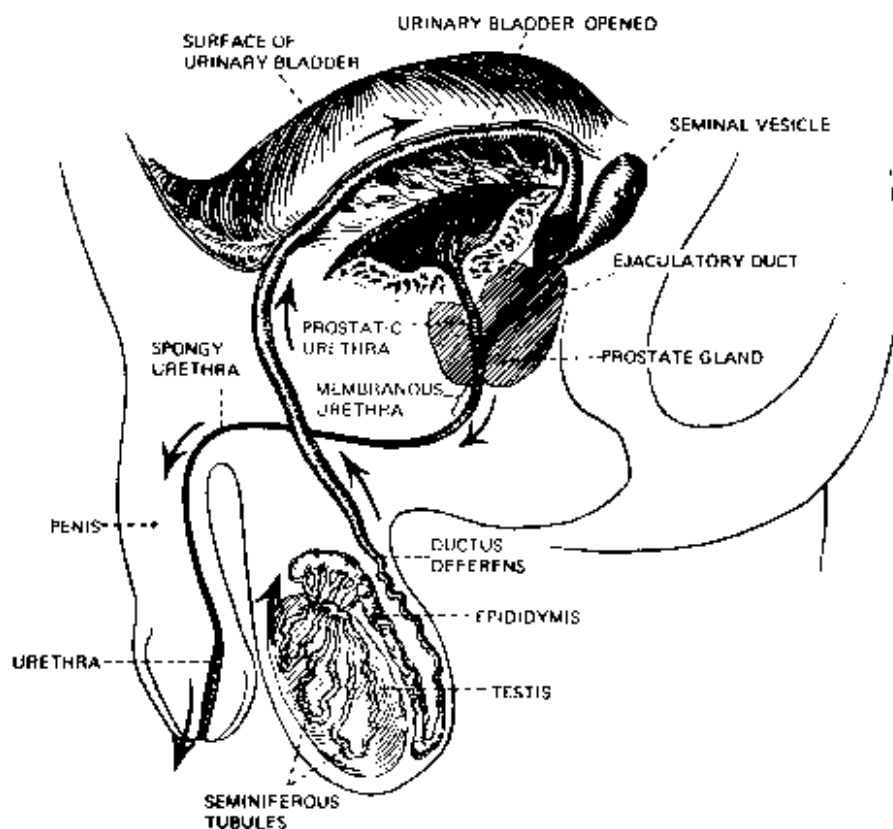
The uterus is a hollow thick-walled, muscular organ. Its cavity communicates with those of the uterine tubes above and with that of the vagina below. The upper portion of the uterus is called the body, and the lower constricted portion is called the cervix. The portion of the body above the entrance of the uterine tubes is referred to as the fundus.

IMPLANTATION

From about 5 to 8 days after conception, the fertilized ovum implants itself on the lining or wall of the uterus called the endometrium. After implantation, sometimes a small amount of painless bleeding occurs (known as spotting) which lasts for a few days. The endometrium gives the new fertilized cell its beginning nourishment.

Once the ovum is in the fallopian tube, it moves rapidly for several minutes. The ovum is propelled by "Cilia" (hairlike outgrowths) and contraction of the duct's smooth muscle coating. These contractions soon diminish and ovum movement becomes so slow it takes several days to reach the uterus. Because of this, fertilization must occur in the oviduct because of the short life span of the unfertilized ovum.

Transportation of the sperm to the site of fertilization within the oviduct is so rapid that the first sperm cells arrive within 15 minutes of ejaculation. The act of reproduction, provides the energy for transport out of the vagina into the uterus because of the fluid pressure of ejaculation.



THE MALE REPRODUCTIVE SYSTEM

THE VARIOUS ORGANS OF THE MALE REPRODUCTIVE SYSTEM ARE SHOWN, SHOWING THE PATH OF THE SPERMATOZOA FROM THE TIME THEY LEAVE THE TESTES

DISORDERS OF THE REPRODUCTIVE SYSTEM: FEMALE

- CARCINOMA: is a cancer which may occur in the breasts or uterus. Symptoms are not always noticeable in its early stages.
- DYSMENORRHEA: is a term used for painful menstruation. Symptoms are abdominal pain, headache, backache, nausea, and vomiting.
- ENDOCERVICITIS: is inflammation of the muscle membrane lining the cervix. The most prominent symptom is a vaginal discharge--leukorrhea.
- FIBROID TUMORS: are fibrous tumors in the uterus. They may or may not show symptoms as abnormal bleeding from the uterus and backache.
- HYSTERECTOMY: a surgical removal of the uterus.
- MASTECTOMY: the surgical removal of the breast.
- RETROVERSION: the backward displacement of the uterus.
- SALPINGITIS: is inflammation of the fallopian tubes. It is often accompanied by lower abdominal tenderness and pain.
- STERILITY: the inability to reproduce which may occur in either sex.

DISORDERS OF THE REPRODUCTIVE SYSTEM: MALE

- EPIDIDYMITIS: a painful swelling in the groin and scrotum as a result of an infection.
- ORCHITIS: inflammation of a testis which may be a complication of mumps, influenza, or other infection. A symptom is the swelling of scrotum, accompanied by elevated temperature.
- PROSTATITIS: inflammation of the prostate gland.
- PROSTATECTOMY: surgical removal of all or part of the prostate gland.

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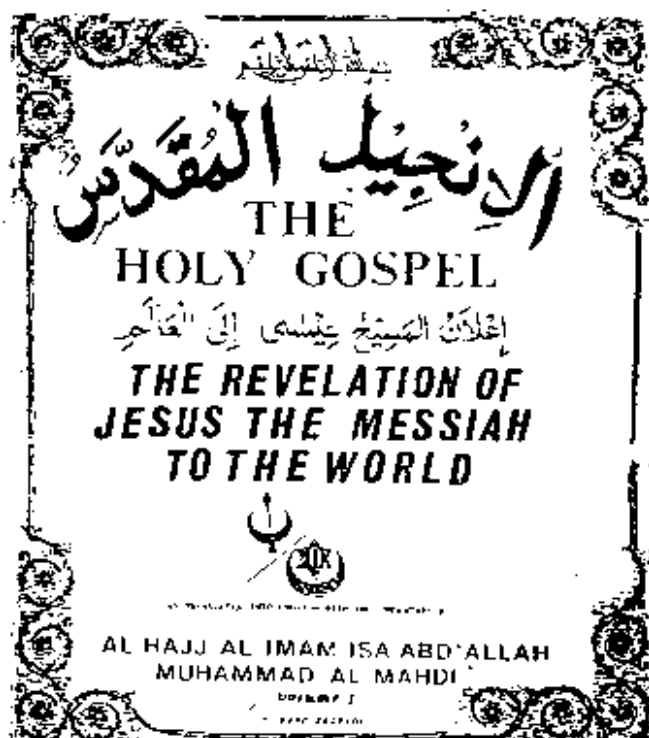
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- Who are the four (4) horsemen spoken of in the Book of Revelation and how is it confirmed in the Holy Qur'an (The last Testament)?
- Are the 144,000 mentioned in the Book of Revelation Christian or Muslim, and where is it's confirmation in the Holy Qur'an?
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HOLY QUR'AN 96:1

"Read in the Name of Your Lord who Creates



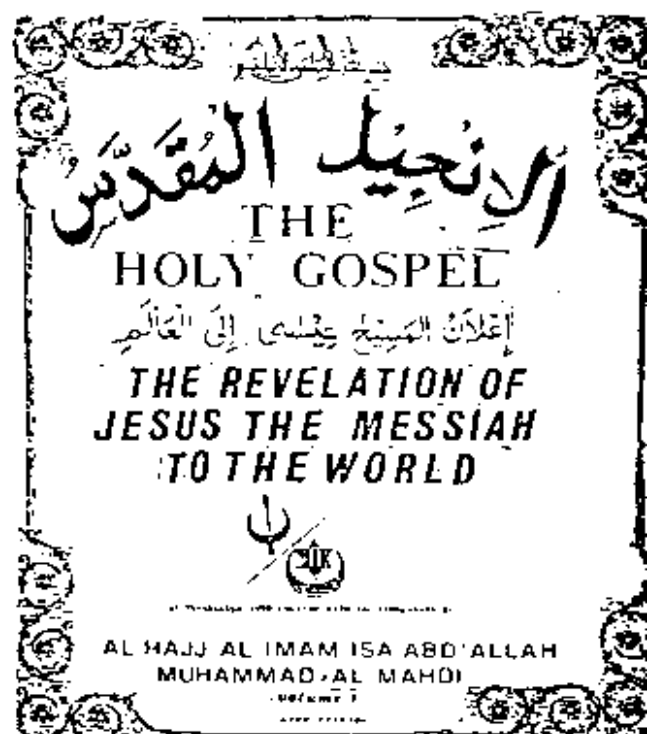


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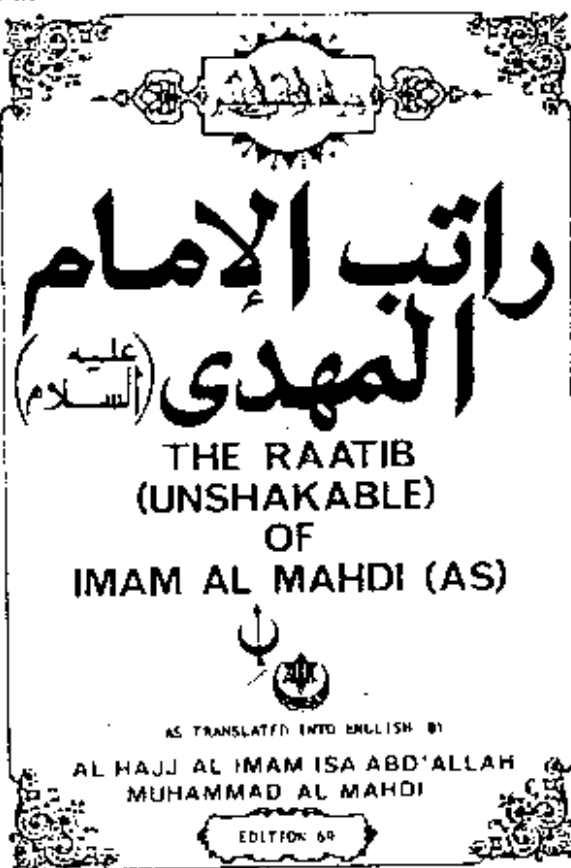
THE RAATIB (UNSHAKABLE)... A HIGHLY SPIRITUAL COMPOSITION WRITTEN BY AL IMAM MUHAMMAD AHMAD AL MAHDI (AS), WAS COMPLETED JUST BEFORE HIS DEATH. EVERYNIGHT AFTER SALATU'L ISHA (EVENING WORSHIP), HE DELIGENTLY INSCRIBED THE RAATIB UNTIL THE SUN, BY THE DEVEAVE OF ALLAH SUBHANA WA TA'ALA, EMERGED ONCE AGAIN STARTING A NEW DAY.

NOT TO BE MISTAKEN FOR A NEW SCRIPTURE, THE RAATIB (UNSHAKABLE) POSSESSES HIGH MYSTICAL POWERS, POWERS THAT BIND COMMUNITIES AND OPENS ONE'S HEART TO THE LOVE OF ALLAH SUBHANA WA TA'ALA. IF READ FAITHFULLY EVERY MORNING AFTER SALATU'L FARJ (EARLY MORNING WORSHIP) AND AS OFTEN DURING THE DAY AS POSSIBLE, THE LOVE AND DISCIPLINE OF WORSHIP (PRAYER) WILL BE INSTILLED INTO ONE'S SOUL.

THE RAATIB (UNSHAKABLE) IS NOT A POLITICAL OR SECTIST WORK. EVERY MUSLIM REGARDLESS OF SECT, BE IT SUNNI, SHI'ITE, OR AHMADIYYAH, SHOULD OBTAIN A COPY OF THE RAATIB (UNSHAKABLE). IT IS COMPOSED OF EXCERPTS FROM THE HOLY QUR'AN, CERTAIN HADITHS, AND PERSONAL EXPERIENCES WITH SHAIKH KHIDR (MELCHESIDEK, SRA), THE ANGELS (SRA) AND THE PROPHET MUSTAFA MUHAMMAD AL AMIN (PBUH), WITH WHOM HE CONVERSED DURING HIS MISSION AS GUIDE AND REFORMER OF THE SUDAN DURING THAT PERIOD OF TIME. (SEE MUHAMMAD AHMAD, THE ONLY TRUE MAHDI (AS), EDITION #13).

THE RAATIB (UNSHAKABLE) IS A GUIDE FOR MAN, A SPIRITUAL GUIDE THAT INSPIRES HUMBLENESS AND SUBMISSION TO ALLAH SUBHANA WA TA'ALA. YOU CANNOT AFFORD TO BE WITHOUT YOUR COPY OF THE RAATIB (UNSHAKABLE) WHICH WILL BE AVAILABLE SOON TO THE PUBLIC.

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NEWSLETTER NO. 1

THE MAN OF OUR TIMES

IN THIS NEWSLETTER, THE FIRST IN A SERIES OF ANSAR NEWSLETTERS, YOU WILL DISCOVER THE TRUE MEANING OF SURATU'L FATIHAH (DEGREE OF THE OPENING). LEARN WHY THIS SURAH AND THE TRUE MEANING BEHIND IT IS SO IMPORTANT TO THE TRUE BELIEVERS. THIS SURAH (CHAPTER) LAYS THE FOUNDATION AND EXPLANATION OF THE REST OF THE HOLY QUR'AN.

WE DEDICATE THIS NEWSLETTER TO A.L. HAJJ AL IMAM ISA ABD ALLAH MUHAMMAD AL MAHDI, WHO FOR YEARS HAS BEEN STRUGGLING TO PROPAGATE THE TRUTH IN ITS PRISTINE PURITY. SEE WHY HE, THE SPIRITUAL HEAD AND FOUNDER OF THE ANSARU ALLAH COMMUNITY IN AMERICA IS DEFINITELY THE MAN OF OUR TIMES.

GET YOUR COPY OF THE MAN OF OUR TIMES!!!!

NEWSLETTER NO. 2

4 HORSEMEN OF THE APOCALYPSE - CAN THE HOLY QUR'AN SOLVE IT?

- WHO ARE THE FOUR HORSEMEN OF THE APOCALYPSE?
- WHAT DO EACH OF THE FOUR BEAST IN THE BOOK OF REVELATION SYMBOLIZE?
- WHAT ARE THE EYES OF THE FOUR BEAST?
- WHY WILL THERE BE A GREAT EARTHQUAKE AND WHEN?
- WHAT DO THE RIDERS OF THE FOUR HORSES SYMBOLIZE?

FOR YEARS SCHOLARS, PREACHERS, AND THEOLOGIAN HAVE STRUGGLED TO SOLVE THE MYSTERY OF THE FOUR HORSEMEN OF THE APOCALYPSE. THEY'VE MADE MOVIES, WRITTEN BOOKS, ETC, AND STILL THEY DO NOT KNOW. ONLY THE HOLY QUR'AN CAN SOLVE THE MYSTERY OF THE FOUR HORSEMEN, AND THE SOLUTION IS HERE FOR YOU, RIGHT WITHIN THE PAGES OF THIS NEWSLETTER.

THE FOUR HORSEMEN OF THE APOCALYPSE - CAN THE HOLY QUR'AN SOLVE IT? YES IT CAN!!!

GET ONE TODAY!!!



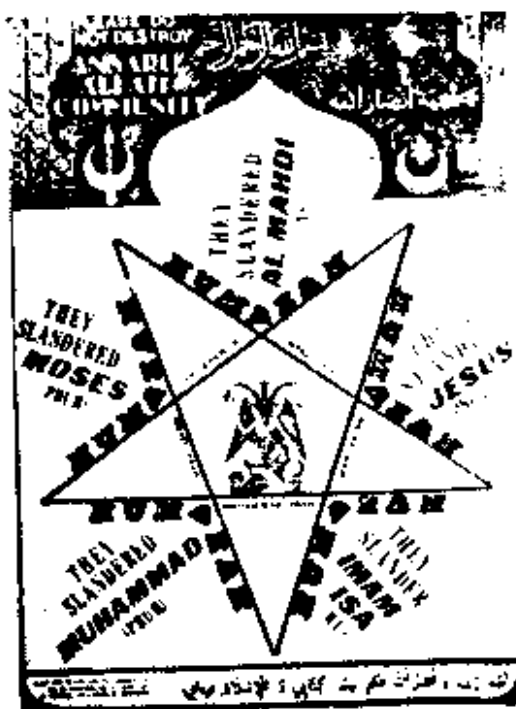
NEWSLETTER NO. 3

HUMAZAH

SURATU'L HUMAZAT (DEGREE OF THE SLANDERER) IS THE SURAH (CHAPTER) OF THE HOLY QUR'AN, WHAT IS IT ABOUT?

- HOW WAS AL MAHDI (AS) SLANDERED?
- HOW WAS THE PROPHET MOSES (PBUH) SLANDERED?
- HOW WAS THE PROPHET ISA (JESUS, PBUH) SLANDERED?
- HOW WAS THE PROPHET MUHAMMAD (PBUH) SLANDERED?
- HOW IS AL HAJJ AL IMAM ISA ABD'ALLAH MUHAMMAD AL MAHDI BEING SLANDERED?

FIND THE ANSWERS TO THESE AND MANY MORE QUESTIONS IN THE SURAH (CHAPTER) OF THE HOLY QUR'AN CALLED HUMAZAH!!!



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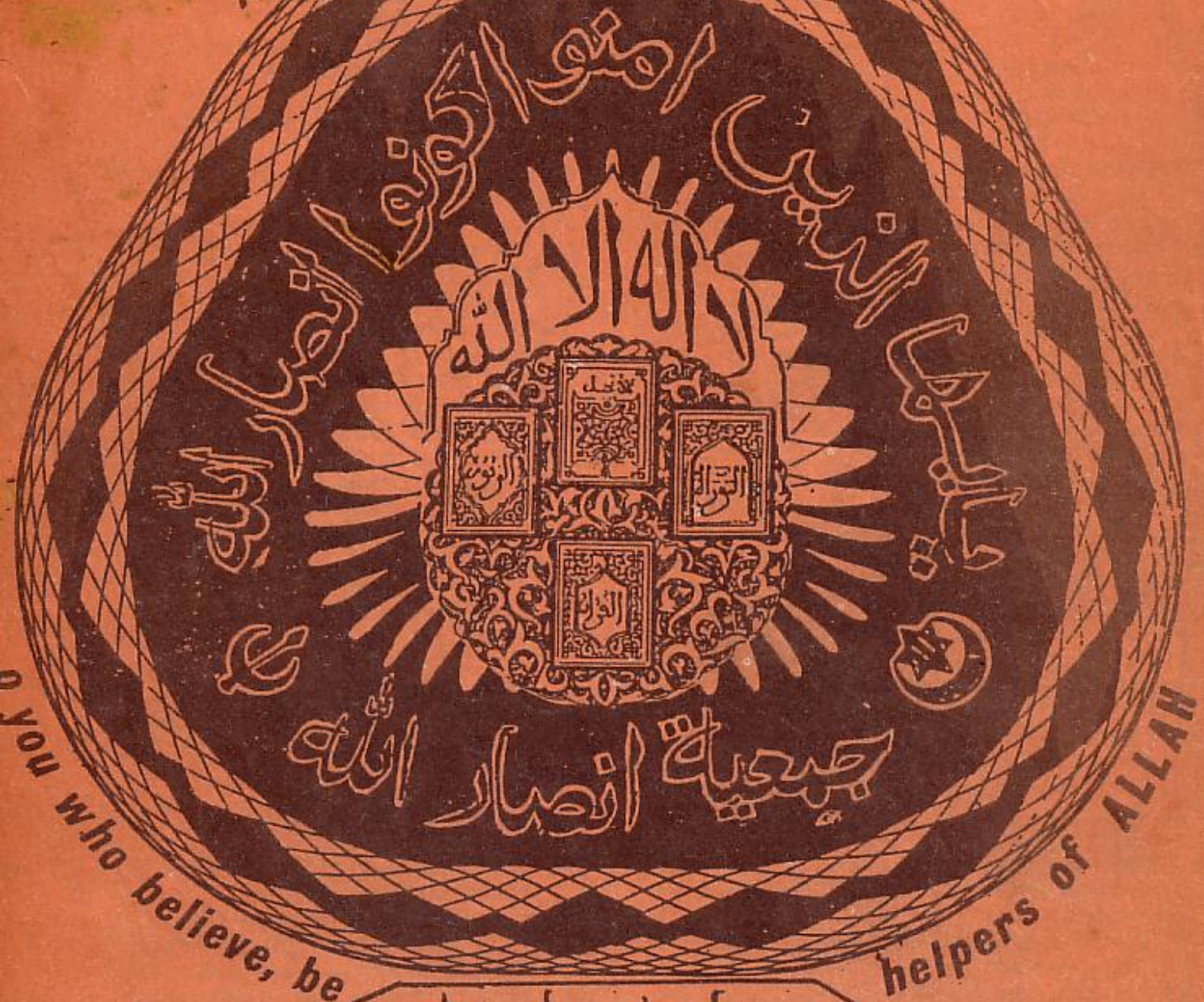
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دعاء انصار الله

DUA ANSARU ALLAH

O ALLAH, MOST HIGH LORD OF ALL THE WORLDS; WE DO ACCEPT THE DUTY YOU HAVE LAIN ON US; TO CLEAN UP THE FILTH MADE BY THE WEST AND ITS NON-SUBMITTING FOOLS. OUR LORD, WE BESEECH YOU, TO KEEP YOUR HAND OVER US, TO CONTROL THE STRINGS OF THE COURSES OF OUR LIVES; THAT WE MAY BE UPRIGHT IN THY SIGHT. OUR LORD, AND IF WE DO WRONG, PLEASE SHOWER THY DIVINE BLESSINGS AND FORGIVENESS ON US. YOU ARE THE ONLY ONE THAT CAN RAISE US TRUE FOLLOWERS OF THE PROPHETS, AND IN THY NAME WE CARRY ON.